

# REMEMBERING RESILIENCE PODCAST



This series highlights Native American resilience through and beyond trauma... exploring concepts, science, history, culture, stories and practices that we are working with as we seek to shape a future for our children and our grandchildren that is defined not by what we have suffered, but what we have overcome.

"It's a story about getting at the root of things, and why so much work in social services can be futile if we aren't using more holistic approaches that consider the origin of the problem. So many programs address just the symptoms rather than the root causes."  
Susan Beaulieu



Season 1



Season 2

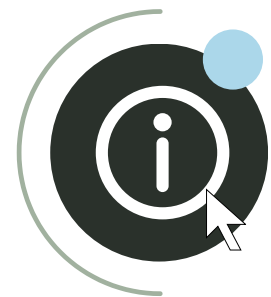


Season 3

## Podcast Conversation Guides



The Remembering Resilience Conversation Guides can be used to engage family, friends, coworkers, or other groups in discussion about podcast topics including historical trauma, epigenetics, healing, and resilience, grounded in Native American perspectives. These guides include discussion and reflection questions, definitions, and resources to learn more.



[View the Guides](#)