

Healing Through The Arts

Non-Profit Spotlight

Be ReZilient

Small interventions can spark lasting change: a supportive mentor, a creative outlet, or tools to manage stress. Be ReZilient is one of many local nonprofits making those moments possible, strengthening mental health, youth development, and community connection.



Founded in 2019, Be ReZilient (BRZ) helps individuals understand and heal from trauma through culturally responsive and accessible programming. Blending art, education, mentorship, and wellness, Be ReZilient supports underrepresented communities with workshops in schools, shelters, and organizations. It has become a trusted resource for those seeking support and personal growth.



A core initiative, the **Resilience and Development (RAD) Internship Program**, gives students from diverse backgrounds meaningful, hands-on experience paired with mentorship and leadership development. In 2024, ten interns supported community-based programming while building professional skills. One intern was hired by a local organization, illustrating how the program opens direct pathways from education to employment. By addressing barriers to access and fostering real-world learning, RAD helps participants build confidence, explore career options, and grow their professional networks.

BRZ also reaches college students through the REACH Wellness Initiative, which distributes mental health wellness boxes each semester. These boxes include stress-relief tools, self-care items, and mental health resources, with special attention given to first-generation students who may face academic and emotional challenges without strong support systems.

Across its work, BRZ remains grounded in innovation, inclusion, and community. Whether through artistic expression, mentoring relationships, or wellness education, the organization is creating long-term change in individual lives while contributing to a more resilient and connected community.

The Pottstown Regional Community Foundation (PRCF) is proud to support Be ReZilient and the RAD Internship Program. We thank them for their continued dedication to empowering youth, advancing mental health, and building a stronger region. Their efforts show the powerful role local nonprofits play in meeting community needs and creating opportunities for lasting impact.

Learn more about their work, internships, and how to get involved at www.berezilient.com.

