

Strength, Mindfulness, and Clarity

A YOUTH PROGRAM

THE BIG SILENCE KOLLECTIVE

Bringing a message of hope that supports and inspires our youth's mental health and wellness.

Through a combination of physical and athletic activity and a curriculum that emphasizes cultivating mental health, The Big Silence provides experiences, tools and resources that have a lasting impact on the mental health and lives of young people. The program is led and created by Karena Dawn and friends of The Big Silence, including Debbie Whitehead, TBS board member and Licensed Professional Counselor (M.Ed., LPC).

Karena Dawn is a mental health advocate, co-founder of the leading women's fitness and lifestyle community, Tone It Up, and a New York Times best-selling author. For over a decade she has used her platform and influence to inspire millions around the world through fitness, mindfulness and spiritual empowerment.

Karena experienced significant trauma throughout her life, from growing up with a mother who was diagnosed with, and lived with, untreated schizophrenia and depression. As a girl, Karena struggled to find any resources to help with her mental health, and she attempted to end her life.

Eventually she overcame a dark period of depression, anxiety and substance abuse in her teens and 20s, was able to forge a path to self-discovery, build a nurturing community that has helped millions, and ultimately find peace.

Karena is passionate about breaking the silence and ending the stigmas surrounding mental health. Karena serves on the board of advisors for NAMI (National Alliance for Mental Illness) and has dedicated her time to helping youth to better navigate their mental wellness through programs like "Ending the Silence" and "Girls on the Run." In 2021 Karena founded The Big Silence mental health foundation, a non-profit charitable organization, in honor of her mother, and of little Karena, who needed help and couldn't find it.

Karena's road to healing began with physical activity and lead to mental wellness. Bringing youth together for physical fitness and mental health education will help lead to a thriving culture that supports and values each individual's mental wellbeing.

Based on Karena's experience and expertise as a leading mental health advocate and fitness champion, as well as knowledge and insights from licensed mental health professionals, the program helps kids gain strength and flexibility, learn about the amazing benefits of mindfulness, and develop their own positive practice for daily mental health.

- **Weekly Guidance**
- **Mindfulness and Mental Health Tools**
- **Fitness Professionals, Pro Athletes, Sports Trainers**
- **Fun, Community Building, Sports and Fitness Activities**

