

Week 2 Recap

Theme: Resilience

Bridging Generations

July 12, 20026



LOW ENTROPY
FOUNDATION



Thank you to everyone who joined us for the second session of Bridging Generations! Our second week of Bridging Generations was a truly meaningful afternoon as we explored the theme of resilience—the strength to keep moving forward through life's challenges, changes, and unexpected turns. We had the privilege of hearing from three remarkable guest speakers who each shared deeply personal stories of courage, perseverance, and hope.

Puja, who spoke about being the mother of **two daughters, one with down syndrome, and the resilience her journey as a mother and new immigrant required.** She also shared what it was like to leave Dubai and begin a new life in Vancouver, describing how unfamiliar everything felt and how it seemed as though things were "in reverse" here. Her story reminded us of the courage it takes to build a new life while embracing the unknown.



Ela shared her experience of immigrating to Canada from Iran after having been a teacher in her home country. She spoke honestly about the frustration of suddenly being unable to communicate in a language she didn't yet know, and how she committed herself to learning English—often studying for up to eight hours a day. **Her determination and dedication were an inspiring reminder** that resilience is often built through persistence, patience, and daily effort.



Mabel shared the powerful story of her father's resilience and reflected on her own journey of overcoming adversity. **She spoke about growing up hearing discouraging messages**, only to later find love, encouragement, and belief in herself through marriage and connection. **She also shared her experience of surviving a stroke in her twenties**, living with memory gaps, and continuing to move forward one day at a time. Her story was a moving testament to the strength of the human spirit.



Coming Up for Week 3

Tuesday, July 14th

Theme: Connection (Relationships)

Our next session will take place on Tuesday, July 14, from 11:30 a.m. to 1:30 p.m. at the Coquitlam Aquatic Complex, Multipurpose Room 2, located at 1210 Pinetree Way (same place, same time).

We are delighted to hear from special contributing speakers, Farkhondeh, Mabel & Pak. We will do some fun activities, share about our own experiences, and enjoy some more delicious snacks together.

Our team looks forward to seeing everyone again on Tuesday and continuing our Bridging Generations journey together!

Warmly,
Melissa, Pak & Mabel

Following our speakers, participants also took part in a creative activity by decorating small wooden houses representing themselves. Inside each house, everyone placed paper slips listing their own personal strengths—a visual reminder that even during difficult seasons, we all carry resilience, wisdom, and inner resources within us.

Session 2 | July 7, 2026

Bridging Generations: Theme 2 Resilience

CAPTURING SESSION TWO

Some beautiful photos were captured by our talented Canada Summer Jobs Staff Member Mabel, and our Adler University intern Pak.

Our Houses of Strength

Vincy

Danika

Puja

Mabel

Ela

Guest Speakers

Pushpa

Farkhondeh