Share Your Mountain Top Story

4 minute video or audio responding to one of 2 questions:

What support tools do you use that enable you to RISE UP and keep moving forward when you are navigating a challenging time in your healing journey?

Or

What supportive advice would you give to others on their healing journey?

Contact Georgia with questions about submissions:
georgiareash@gmail.com

We will start a collection of these videos and audios and post them on the website, as well as play throughout the conference.