



Resilience Pod Toolkit

A Guide to Starting a Neighborhood Resilience Pod

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Introduction

Welcome!

Welcome to the [Juneau Street Resilience Pod](#) (JSRP) Toolkit! The JSRP is a neighborhood group that helps Seattle's Beacon Hill families stay connected with one another and feel supported, especially during extreme weather events. Our pod is centered at the intersection of Juneau Street and the south trail end of the Chief Sealth Trail in Seattle, WA.

It started with residents of Beacon Hill and surrounding areas seeing the need for more community strength through connection and care. With the increased need for climate resilience as the frequency of climate emergencies increases, we want to focus our efforts on strengthening the community's ability to respond to crises through building connection and capacity in a neighborhood that has been impacted by racial injustices.

The JSRP is grounded in the principles of Just Transition, a community-centered framework for moving from an extractive economy to a regenerative one. This approach calls on us to build relationships, practices, and systems that restore rather than deplete, and to do so in ways that repair past harms and shift power back to the community. By organizing at the neighborhood level, we are embodying Just Transition values through shared resources and collective decision-making. Learn more about the Just Transition framework [here](#).

In addition to [emergency preparedness](#), the JSRP supports initiatives like:

- A Supply Library 🛠️
- Garden Club 🌱
- Zines 📖
- Community Events 🎉
- Sharing Information and Resources 💬



How to Use This Toolkit

This toolkit is organized into sections designed to guide you in creating or strengthening your own Resilience Pod. Explore the parts that resonate most with you and use what's helpful along the way!

Be mindful of digital safety as you utilize/customize documents in this toolkit. See [Digital Security for Activists](#) and [Digital Security Training Series](#) for workshops on digital security.

Questions or comments? Email us at hello@juneastreetpod.org!

About Resilience Pods

A resilience pod is a neighborhood group that helps families stay connected with one another and feel supported, especially during climate-related events or emergencies. Tight-knit communities are rich in resources, assets, and knowledge, and in hard times, neighbors readily step up and help one another. Resilience pods can also be called communication hubs, resilience circles, mutual aid pods, and [neighborhood name] emergency response.

Unlike resilience hubs, resilience pods don't have a physical indoor facility (e.g. community center or school) to store supplies or meet up. Instead, they rely on dedicated meetup spots and digital platforms (ex. WhatsApp) to keep neighbors informed and engaged. The JSRP aims to support people up to a **5 block radius**, which will eventually connect to a larger resilience hub that can support anywhere from half to the entire neighborhood. With this enlarged network, we can ensure that we don't miss anyone!

As neighbors, we plan to **communicate** with each other and coordinate **support** in times of recovery. For those that have capacity, we will reach out to offer:

- Help with clean up 🧼
- Skills to do home or other repairs 🔧
- Cooking meals 👩🍳
- Supporting workers who might need to be away 🙋
- Providing childcare/elder care for each other 🏠



Resilience pods are for everyone who lives in a neighborhood, but folks who may need the **most support** include:

- Black, Indigenous, and other people of color
- LGBTQIA+ folks
- Families with young children
- Seniors
- People with disabilities

After an emergency, we can reconvene to talk about the response process and learn from the experience. We will ask ourselves what went well? What can we do better? What should we change? We'll also coordinate with Seattle City and King County agencies for support and funding if there is a need for recovery support.

Why Resilience Pods?

- Strengthen community roots and social connection through dedicated meet ups and gatherings.
- Tap into neighbors' diverse skills, resources, assets, and knowledge during climate-related events and emergencies.
- Knowing neighbors also means knowing who can help and who may need help in times of crisis.
- Ensure neighbors can step up for one another during emergencies or disruptions.
- Local spaces can feel safer for BIPOC, immigrant, queer, etc. communities (City-run facilities don't always feel welcoming).
- Strengthen neighborhood preparedness without requiring a permanent facility.
- Empower residents to feel more confident and resilient in crises.
- Mental health benefits of social connection and being outside (for gardens).
- Opportunity to have culturally relevant resources/events/food.



Three Modes of a Resilience Pod

In order for JSRP to function year-round and to shift away from just responding to emergencies and recovering from them, we like to invest time into the “everyday” work as well.

Everyday	Disruption & Response	Recovery
Resilience Pods can provide a home base for neighbors to gather for workshops, events, meals, and training opportunities that benefit a range of community needs, including enhancing resilience.	Although Resilience Pods will function at “everyday mode” most of the time, they are intended to also act as communication centers for preparedness, response, and recovery. Pods can help reduce the need of emergency services and better connect community members with supplies, information and support during a disruption.	After disruption, Resilience Pods switch into Recovery Mode. Pods play a critical role in recovery and ongoing community needs. They can be a connection source for resource deliveries and distribution; help coordinate access to support and assistance.

*Based off of the [USDN Guide to Developing Resilience Hubs, Lead Author Kristin Baja 2019](#)

Everyday Mode

Types of Activities:

During the day-to-day times, the Resilience Pod will focus on **connecting neighbors** and **learning** through activities coordinated by various members. The types of activities that the JSRP do include:

- Small scale (5-10 people) events that happen when folks have capacity, such as:
 - Neighborhood meals
 - Arts and craft parties
 - Sharing goods (e.g. extra food or plants)
- Larger scale (10-50 people) events that are seasonal or quarterly, such as:
 - Plant and seed swaps (spring)
 - Block parties (summer)
 - Harvest gathering (fall)
 - Town hall or New Year gathering (winter)



Roles & Responsibilities

The JSRP currently tries to maintain a core group of people that lead and coordinate the activities described above. The roles that we currently have are:

- Director (1)
- Program Manager (1)
- Operations/Admin (1)
- Event Planning Coordinator (1)
- Assistant (1)
- Outreach Coordinator (2)



Establishing a Resilience Pod

Step 1: Assess your community/neighborhood

The first step to establishing a Resilience Pod is **assessing and understanding your community's strengths, needs, and resources**. This is an important step because it helps you build on what's already working in the community, fill in the gaps, and make sure the pod truly supports the people it's meant to serve. How can you create a space for the community without knowing who is in it, what they already have, and what they need?

Start assessing your community/neighborhood by assembling a list of a core group who you **talk to directly** over the course of a **year**, made up of neighbors, leaders, and community members. This can be done via:

- Planning for a coffee chat
- Walking and talking
- Hosting a potluck or tea time

With these core group members, talk through ideas for **activities** and **capacity/interest**. These can start at neighborhood gatherings and continue on a regular basis, since capacity shifts over time. Discuss **potential roles** of folks based on their skills, availability, and interests. Here are guiding questions to get the conversation started:

- What are our neighborhood's strengths? (*ex. Community garden, lots of health professionals, etc.*)
- What challenges or risks concern you most? (*ex. Heat waves, wildfire smoke, etc.*)
- What resources or skills do you already have to offer in an emergency? (*ex. Can speak multiple languages, owning a truck for transporting supplies, etc.*)
- What makes a space or group feel welcoming for you? (*ex. Cultural activities, shared resources, etc.*)
- In an emergency, where do you get your information from? (*ex. The local radio station, social media, etc.*)

In addition to assessing your neighborhood verbally, make sure to conduct your own **research**. Review local data, reports, and resources. Look for information such as:

- [Local hazard and risk maps](#) (*ex. Areas in flood zone*)



- Census/demographic data (ex. Age, languages spoken, etc.)
- Community assets (ex. Libraries that have emergency shelters)
- Emergency services availability (Ex. Nearest hospital, fire department)
- Past emergency/climate-related events (Ex. During the last big storm, how long was the power out for?)

List of common community interests:

- How to manage extreme heat and smoke (air quality concerns)
- Neighborhood bank account for helping those needing emergency funds (mutual aid)
- Street mural
- Navigating resources (not sure where to turn) & sharing resources
- Childcare and how to accommodate for small children
- How to preserve food (ferment, dehydrate)
- How to reuse and preserve clothing or other household items
- Water/soil testing education and resources
- Coyote concerns, pest concerns
- Gun safety and self defense, how to organize if we need to defend ourselves

Once you identify these factors, you can start to consider the priorities and concerns specific to your community. This will help you figure out what your Resilience Pod should focus on most to be useful to your neighborhood.

Step 2: Lay the groundwork for organizing

Before inviting people to join your Resilience Pod, set a strong foundation by building **strategy** and **structure**. This helps ensure the group is sustainable and clear in its purpose.

Key actions include:

- Review what you learned in Step 1. Match community needs/resources with your group's capacity.
- Network with and learn from similar organizations. Don't reinvent the wheel; adapt what works.
- Explore funding options. Research small grants, partnerships, or community fundraising to support stability and build capacity. See sample Resilience Pod roles in the [Introduction](#).



- Discuss and define the Resilience Pod values and guidelines. Set clear expectations for how the group will work together, share materials, communicate, etc.
- Identify government and institutional resources. Know where to connect with existing systems of support.
- Know the places where people already seek help, including schools, faith centers, libraries, food banks, or online spaces.

Step 3: Grow your group / Gather community members

Now that you have a core group and a foundation in place, the next step is to **expand your reach** and **bring more neighbors** into the conversation. Building a resilient community means making space for everyone, especially those who may not already be connected to local networks or community events.

- Start by meeting people **where they already are**. Set up in familiar gathering spots like parks, trails, community gardens, farmers markets, or outside local schools and libraries. Keep things **approachable**: have a **table or small setup** with simple giveaways (like seed packets, emergency contact cards, or snacks) and share information about your Resilience Pod. Use these moments to spark genuine, one-on-one conversations about what people care about and what makes them feel safe, connected, and prepared.
- In addition to tabling, go **door-to-door**, **flyer**, and **invite people personally** to upcoming events or casual meetups. This face-to-face outreach helps build trust and ensures people know that the Pod is for everyone – renters and homeowners, elders and youth, newcomers and long-time residents alike.
- Establish methods of **communication**. The JSRP primary method of communication is currently WhatsApp. We may move to Signal should there be a need for more secure communications. During certain emergencies, we may also update our website with relevant information for response and recovery.
- Establish **primary point(s) of contact**. On WhatsApp, we ask folks for support and share resources/information. As we grow and get to know folks' capacity and skillsets, we can build out roles and certain points of contact should the need arise.



Here is an **example table** we could eventually use:

Resilience Pod	Name/Position	Phone	Email
Primary Contact <i>(can open site)</i>			
Contact # 2 <i>(can open site)</i>			
Contact # 3 <i>(can open site)</i>			
Contact # 4			
Contact # 5			
Property Owner			
Property Manager			

As you grow, focus on creating **low-barrier, welcoming opportunities** for participation. Not everyone can attend meetings regularly, but many people are willing to contribute in small but meaningful ways, such as sharing tools, checking in on a neighbor, translating materials, or hosting a skill share.



Strengthening a Resilience Pod

Congratulations, you've established your resilience pod! The next step is to strengthen it so that it can sustain itself. Consider putting time into these actions:

Tip #1: Implement strategies for creating community, cohesion, and interest

Strategies for creating community, cohesion, and interest:

- Word of mouth and having conversations/storytelling
- Attending existing community events (esp. those that are related) to spread awareness about your pod
- Discuss specific local issues that are important to your neighborhood
- Talk about short-term emergencies in addition to large scale ones
- Provide hands-on opportunities to learn skills or information
- Celebrate community cultural knowledge

Tip #2: Continue to revisit community values

Check in with your pod members. Are their values being met?

Common values of community groups/organizations:

- Strive to make things accessible (free, open access to food/land/resources, no/low requirements, accessible bathrooms, safe space)
- Communicate clearly and often so that there is trust and transparency
- Mutual aid and sharing resources
- Provide food when possible
- Center joy, fun and celebration
- Remember the children and older adults, and those who are most vulnerable to climate extremes



While climate-related events affect everyone in our neighborhood, the Juneau Street Resilience Pod recognizes that some families are disproportionately affected compared to others. This is why our resilience pod centers the following values:

- **Racial, Economic, and Climate Justice:** We organize to close equity gaps so that those who are most impacted by climate change do not continue to experience harm.
- **Connection:** We value collective action and collaboration, seeking out partnerships and mutually beneficial alliances. We will move forward together as a whole, rather than as individuals.
- **Accountability:** We are committed to the responsibility of taking care of one another. We strive to be dependable, to remain consistent, and to stay curious.
- **Authenticity:** We are real people who want to build trust among neighbors and strengthen the relationships in our community. As long as we show up with care and honesty, we welcome folks to arrive as they are, flaws and all.
- **Joy:** We enjoy being in community with our neighbors. We prioritize art, storytelling, and celebrating our efforts together.

Tip #3: Have resources for addressing conflict.

Conflict is a normal part of community work. Because culture shapes how people experience and express conflict, it's important to approach it with awareness and care. What may feel like tension to one person may feel like harm to another.

Conflicts often have three layers: **visible behaviors** (words or actions), **underlying attitudes** (feelings, assumptions, trauma), and **deeper causes** (inequities or unmet needs). Recognizing these layers helps communities respond rather than react. Having resources and shared practices for addressing conflict helps your pod build trust, strengthen relationships, and sustain a resilient community culture.

Recommended conflict resolution resources:

- [5 Conflict Resolution Strategies – Harvard Law School](#)
- [Resolving Conflict Situations – UC Berkeley](#)
- [Navigating Conflict Resolution Across Cultural Divides – Dispute Resolution Center of King County](#)
- [Community Conflict Resolution: 7 Steps for Solving Conflicts in Your Community – Community-Led Alliance](#)



Tip #4: Provide hands-on opportunities to learn skills or information.

Many tend to learn best through visual and hands-on cues. At the Juneau Street Resilience Pod, we've held emergency kit building workshops, a sound bath meditation, soil testing demonstrations, and more.

Tip #5: Identify resources available to your community.

Every neighborhood already has assets that can strengthen your Resilience Pod, including people, places, skills, and networks. Identifying these helps your pod respond more effectively in emergencies, build relationships, and reduce reliance on outside support.

List and/or map what you have. Create a simple list or map of local assets. You can find your neighborhood's resources by walking your neighborhood, asking your core group and resilience pod members directly, collaborating with libraries, nonprofits, etc. Include:

- Physical resources: Libraries, schools, parks, gardens, faith spaces, community centers, small businesses, and transportation routes.
- Social resources: Neighborhood groups, mutual aid networks, cultural associations, or informal care networks.
- People and skills: Gardeners, cooks, translators, teachers, nurses, elders, and youth leaders.
- Knowledge and traditions: Local ecological knowledge, heritage food practices, or community care traditions.

Keep it updated: Review your list or map twice a year as things change.

Use and Share: Use your findings to host events, strengthen partnerships, and fill gaps. Share your resource map widely so neighbors know what's available.

Resilience starts with recognizing that the community already has many of the tools it needs — we just need to connect them.

For climate emergency preparedness links, share these [JSRP Helpful Links](#) for direct access to local services, expert guidance, and timely tips to keep you and your loved ones safe, healthy, and connected.



Materials and Resources for Community Events

These materials are designed to make your community events smoother, more welcoming, and more engaging. Feel free to adapt or remix any resource to fit your group's culture, size, or goals. The most important thing is creating a space where neighbors can show up, connect, and participate in ways that feel comfortable and meaningful.

Sample sign-in sheet

Click [here](#) for the sample sign-in sheet link. To turn this into an editable template, navigate to **File > Make a Copy**. Feel free to customize your own needs!

Sample icebreaker activities & prompts

Icebreakers help pod members **get to know each other**, **build trust**, and create a **comfortable environment** for collaboration. They work best at the beginning of meetings or events, especially when new members join. Keep them short, low-pressure, and fun!

Tip: Choose icebreakers that match your group size and energy level. End with appreciation — thank everyone for showing up and sharing a bit of themselves.

Sample bingo card

Click [here](#) for the sample bingo card link. To turn this into an editable template, navigate to **File > Make a Copy**. Feel free to customize your own needs!

Instructions:

1. Hand out bingo cards and pens/markers.
2. Give participants about 10 minutes to circulate and find someone who matches the criteria in each square (e.g., "Has a garden," "Knows first aid," "Has lived here more than 10 years").
3. When someone matches a square's prompt, the owner of the bingo card should ask the match's name, and fill it in that box.
4. The first person to fill their card by the end of the time wins.





Speed friending

Instructions:

1. Have participants form two lines.
2. Give each pair 2 minutes to introduce themselves and answer a prompt (e.g., “What’s one thing you love about your neighborhood?” “What’s your favorite restaurant in the neighborhood?”).
3. After time is up, one line shifts down to create new pairs.
4. Continue for 4–5 rounds.



Mingle mingle

Instructions:

1. Everyone stands and moves around the room as you call, “Mingle, mingle!”
2. When you say, “Find a partner!” everyone pairs up with the nearest person.
3. Give a quick prompt (e.g., “Share one skill you’d offer in an emergency” or “What brings you joy in your community?”).
4. After one minute, call “Mingle, mingle!” again and repeat for 3–4 rounds.



Community connections web

Instructions:

1. Have participants stand in a circle with a ball of yarn in the host’s hands.
2. The host holds the end of the yarn, shares their name and something they bring to the pod (e.g., “I can cook for large groups”), then tosses the yarn to someone else.
3. Continue until everyone’s had a turn and the yarn forms a web.
4. Reflect on how the web represents community interconnection.





Quick prompts (for any activity)

- What's a local place you love to spend time?
- What skill or resource could you share with neighbors?
- What's one hope you have for your community?
- What's a comfort food or tradition that connects you to home?
- What's a hidden gem in your neighborhood?
- What makes you feel connected to your community?
- What's one local event or gathering you enjoy?
- What's one small change that could strengthen your community?
- What's a local story, person, or tradition that inspires you?
- What's one small joy you've experienced in your neighborhood lately?

Map Your Neighborhood resources



Click [here](#) for the link. The Map Your Neighborhood program enhances you and your neighbors' preparedness for an emergency.

With your neighbors, you will learn the steps to take immediately following a disaster and identify the skills and equipment each neighbor has that are useful in an effective and timely disaster response. Lastly, you will create a map of your neighborhood showing the locations of important information, such as each natural gas meter and propane tank, each neighbor who may need extra help following disasters, and more.



Connect with us!

As you build relationships and grow your own Resilience Pod, we invite you to connect with us. We are a small group of folks sharing information that we hope will be helpful to other communities, and we do our best to update information on our website (juneastreetpod.org), but if you have any questions or just want to chat with us to learn more, please reach out! Email us at hello@juneastreetpod.org.

We look forward to hearing from folks looking to strengthen their communities and build climate resilience!