



The Steven A. Cohen
Military Family Clinic
at Easterseals



TEEN RESILIENCY BUILDING WORKSHOP

EVENT INFORMATION

Dates:

Tuesday, February 16, 2021
Tuesday, February 23, 2021
Tuesday, March 2, 2021
Tuesday, March 9, 2021
Tuesday, March 16, 2021
Tuesday, March 23, 2021

Time:

4:00pm - 5:00pm

Registration:

Please contact the Cohen Clinic at 240-847-7500 or info.mfc@eseal.org.

*Initial phone call and evaluation appointment required to enroll.

Join us for a 6-Session Teen Resiliency Building Workshop! Participants will learn about the importance of building resiliency skills to turn change and stress into opportunities and challenges, to live life zestfully, and to take positive actions in order to live their lives with less stress.

Resiliency is a skill that helps teens:

- ▶ Manage life's challenges, stresses, changes and pressures effectively
- ▶ Cope and adapt successfully to adversity
- ▶ Bounce back to a balanced state after facing a major disruption in life or academic challenges
- ★ **Open to Teens from Veteran and Active-Duty Families**