



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](mailto: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
- ★ **No Cost**
- ★ **Open to Teens from Veteran and Active-Duty Families**