

WANT TO KNOW HOW TO

BOUNCE BACK AND MOVE FORWARD?



SIGN UP TODAY FOR

RESILIENT TEENS

AVAILABLE TO ALL 6th-
12th GRADE STUDENTS

JANUARY 26 ORIENTATION SESSION

FEBRUARY 2 - MARCH 23 CONTENT SESSIONS

MONDAYS AT 6-7:30 PM ON ZOOM

90

minutes
a week



device with
internet

9

weeks

⚡ it's fun · INTERACTIVE · VIRTUAL

Resilient Teens focuses on equipping young people in grades 6-12 with the skills and support they need to navigate adversity, manage emotions, and thrive. Through workshops, peer connections, and personalized support, we're creating a community where no teen feels alone. We focus on topics around the 5 Pillars of Resilience: Self-Awareness, Mindfulness, Self-Care, Positive Relationships and Purpose.



Featuring Hope Givers Curriculum | CONNECT with teens across 14 counties



NO COST TO ATTEND

Learn from near peers from Augusta University

Attend all 8 sessions to **earn \$100!**
Attend 7 sessions to **earn \$75**
or 6 sessions to **earn \$50**



← LIMITED SPOTS AVAILABLE!
REGISTER ONLINE BY
JANUARY 9TH

www.resilientteens.org



RESILIENT TEENS

Hope Givers