

WANT TO KNOW HOW TO BOUNCE BACK AND MOVE FORWARD?



it's fun • INTERACTIVE • VIRTUAL

SIGN UP TODAY FOR RESILIENT TEENS

AVAILABLE TO
ALL 6th-12th
GRADE STUDENTS

LEARN HOW TO:

- Recognize and manage emotions.
- Develop healthy coping skills
- Strengthen communication and relationship skills.
- Discover strengths and sense of purpose.
- Practice mindfulness and stress-management techniques.
- Build resilience and learn when and how to seek support.

90
minutes
a week



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



- Large-group learning and small-group discussions
- Guided activities and opportunities for reflection
- Meaningful connections with peers and mentors
- A safe, supportive, and judgment-free environment

Featuring Hope Givers Curriculum
CONNECT with teens across 14 counties

NO COST TO ATTEND

Learn from near peers from Augusta University

More info:
info@rceg.org



RESILIENTTEENS.ORG



RESILIENT TEENS

Hope Givers

5 PILLARS OF RESILIENCE

- SELF-AWARENESS
- SELF-CARE
- PURPOSE
- POSITIVE RELATIONSHIPS
- MINDFULNESS

Throughout the program, participants build skills and explore topics related to each of these five pillars.

