



nami

National Alliance on Mental Illness

**DuPage
County**

TEEN RESILIENCY

WORKSHOPS

Stressed out? This interactive workshop is for you!

Be *PRESENT*...

Be *HERE*...

Be *in the MOMENT!*

DATE	WHO	WHERE
Saturday, April 14th 3:30-7 PM	Middle School Students	Community Center, 115 N County Farm Rd, Wheaton
Wednesday, June 6th 12:30 PM- 4:00 PM	High School Students	To Be Determined

WHAT WORKSHOP INCLUDES

- Mindful Meditation
- Exploring Resiliency
- Building Teen Relationships
- Tools for Stress Relief

FOOD

Although light snacks will be provided, please bring your own sack meal

REGISTRATION

- Visit namidupage.org's Youth Community Outreach page
- \$5 nonrefundable payment upon registration helps make this possible