



**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
Wednesday, June 6th 12:30 PM– 4:00 PM	High School Students	DCHD Community Center  115 N county Farm Rd, Wheaton

## 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](http://namidupage.org)'s Youth Community Outreach page
- \$5 nonrefundable payment upon registration helps make this possible