

NAMI DuPage is proud to offer

TEEN RESILIENCY WORKSHOPS

Stressed out? This is for you!

WHAT WORKSHOP INCLUDES

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

FORMAT 2 to 4 hours interactive workshops

WHO High School Students or Middle School Students

WHEN & Check out namidupage.org

WHERE for current dates and locations offered.

Be *PRESENT*...

Be *HERE*...

Be *in the MOMENT!*

REGISTRATION

- Visit namidupage.org's Youth Community Outreach page .
- \$5 payment upon registration helps make this possible.
- Contact Rachel Tsen, youth program director, at r.tsen@namidupage.org with any questions or concerns.

FOOD

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



nami
National Alliance on Mental Illness

**DuPage
County**