



# RESILIENT YOUTH

For Military Connected Children and Teens

## FREE 6-WEEK SKILL BUILDING COURSE

Life is hard, we get it! Join us on Zoom to hang out with other military kids your age and learn practical skills that will help you:

- ☆ Reduce feelings of stress and anxiety
- ☆ Strengthen connections with friends and family
- ☆ Improve academic performance
- ☆ Develop better work habits and organizational skills
- ☆ Increase self esteem
- ☆ Tap into your creativity and humor
- ☆ Cope with big feelings like fear, frustration and anger



Every Tuesday for 6 weeks:  
September 13-  
October 18, 2022

Grades 1 – 4  
5:00 – 5:45

Grades 5 – 8  
6:00 – 6:45

**\*All times are Eastern Time Zone\***

Resilient Youth was developed by the Massachusetts General Hospital Child Resiliency Program and The Benson-Henry Institute for Mind Body Medicine. Home Base is pleased to offer this educational series to any military-connected child in grades 1-12.



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



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For more information or to register:

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