



# 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



**Groups meet for 45 minutes, for six consecutive weeks in age-appropriate sections for Elementary, Middle and High Schoolers.**

For more information

email: [sdfredriksson@mgh.harvard.edu](mailto:sdfredriksson@mgh.harvard.edu) OR call: 857-408-3245

Home Base's Resilient Youth for Military Children and Teens is an educational program based on the Resilient Youth curriculum developed by MGH's Child Resiliency Program and The Benson Henry Institute for Mind Body Medicine.



**A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM**



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