

# Raising Resilient Kids: TEENS AND STRESS

**Dates:** September 7, 14, 21

**Time:** 6:30 - 8:00 p.m.

**Fee:** \$15.00

**Presenter:** Sonya Richardson-Thomas

**Location:** Liberty Community Center



## SESSION TITLES:

**Week 1:** Your Teen's Amazing Brain

**Week 2:** What is Stress? How Teens Experience Stress

**Week 3:** How to Break Up with Stress! Helpful & Healthy Strategies to Combat Stress



Register on the  
Liberty Parks and Rec website:

<http://bit.ly/2wBIOpe>