

# Resilience Training

*“Resilience means being flexible and strong in the face of stress, and it is what we need to approach any of the challenges of life and rise above adversity, learn from experience and move on with vitality and passion.”*

- Daniel J. Siegel, MD



## A Mindful Self Compassion Program for Teens\* A Research Based Program

Separate session for middle school students and high school students.

Adolescence is a time of change and growth. It is a robust period of life reserved for rebellion and self-discovery, but as the demands in life increase for teens and young adults, this time is often fraught with confusion, anxiety or depression. For many young people, these challenges lead to disconnection and isolation.

This 8-week program in Mindful Self-Compassion is designed to facilitate awareness, self-kindness and stronger connections in response to these growing

challenges. Through developmentally appropriate activities, practices and mediations, teens and young adults have an opportunity to learn how to navigate the emotional ups and downs of life with greater ease. This course creates an opportunity for young people to construct a healthier and more equitable world-view and gives rise to greater compassion and empathy toward others. In a preliminary research study, this program demonstrated a 32% decrease in depression, anxiety, perceived stress and negative mood.

*\*MFY developed by Lorraine Hobbs, MA, UCSD and Karen Bluth, Ph.D., UNC, Healthcare  
Facilitator: Mary Ann Mariani, Ph.D., Educational Psychologist*

**Thursdays: October 4, 11, 18, 25, November 1, 15, 29, December 4**

4:30—6pm middle school • 6:30—8pm high school

**Thursday 9/27, 7-8pm** Free Information meeting (prerequisite) / registration

Fee: \$420/JCC member, \$445/Non-member



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A minimum of 10 participants is required to run the group with a maximum of 20 participants.