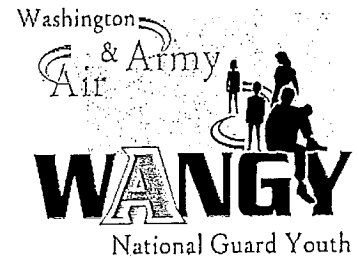


Washington National Guard Child & Youth Program

Teen Resilience Workshop

*Available to teens (13-18) connected to
WA National Guard & Reserves*



Class Dates

Teen Resilience Workshop

30 & 31 May 2015, Marysville, WA 0800-1700 each day

OR

13 & 14 June 2015, Camp Murray, WA 0800-1700 each day

Snacks Provided, Bring Sack Lunch

REGISTER is required: Go to www.jointservicesupport.org and look for Teen Resilience under events.

Registration is due 1 week prior to class.



The CSF2 Curriculum is designed to instill lasting skills that promote resilience in teens. Training mirrors the current training requirement for resilience training in units across the country, and is cutting edge information brought specifically to National Guard Teens as part of a pilot program. Participants will be asked to complete surveys describing experience with training, trainer, and training material.

Workshop will focus on the competencies

Self-awareness
Mental Agility

Self-regulation
Strengths of Character

Optimism
Connection

Contact Youth Coordinators for more information

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