



# POSITIVE WELL- BEING FOR TEENS

SKILLS TO HELP INCREASE  
OPTIMISM, RESILIENCY & A  
GROWTH MINDSET

\*Discover your unique strengths

\*Increase Positive Emotions

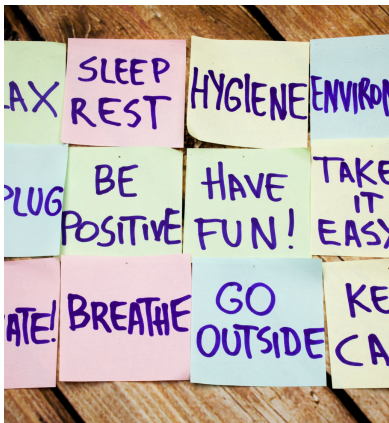
\*Find Motivation

\*Develop Positive Relationships

\*Cultivate Meaning in Life

\*Accomplish Goals to a Better  
Version of You

\*Promoting Good Health



REGISTER TODAY  
THURSDAYS  
6:30PM-7:30PM



**Groups start September 23rd**

**\*Online/In Person  
Limited space in person\***

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