



Resilient Youth

Helping youth develop skills to manage and master stress during COVID19

COVID-19, and its associated life disruptions have had significant impact on the psychological well-being of children and adolescents. Youth are experiencing several acute stressors, including the shuttering of schools, social distancing and limited social connection, loss of daily structure, and worries about family health, finances, and the future.

Drawing from well-established, evidence-based interventions to manage stress and build resilience in children and adolescents, the Benson-Henry Institute for Mind Body Medicine is offering Resilient Youth workshops to youth in the Partners Healthcare network and to children of Partners employees. The workshops will be held on Wednesday afternoon for six weeks.

During these sessions, BHI educators will discuss physical and cognitive responses to stress, and will provide opportunities to develop and practice self-care and resiliency skills to buffer stress and improve well-being.



Grades 1-4

Wednesdays

4:00 - 4:45 PM

Beginning January 6th

\$50*

Grades 5-8

Wednesdays

4:00 - 4:45 PM

Beginning January 6th

\$50*

Grades 9-12

Wednesdays

5:00 - 5:45 PM

Beginning January 6th

\$50*

**Scholarships available for those with need.*

Register online at

www.bensonhenryinstitute.org/class/resilient-youth



Questions? Email jmeek@partners.org.