



Building Family Resiliency Series

Atlantic Health Systems' Children's Health, Behavioral Health and Community Health have partnered with the Center for Family Service's to offer a Family Mental Health Series made possible by the NJ Hope and Healing program. The sessions will explore ways for you, your children, and your family to effectively cope with pandemic stress using creative, interactive, and FUN activities.

Session #1: Resiliency for You (Teen Presentation)

This one hour and 15-minute virtual session is a mixture of a presentation and interactive break-out room discussions where teens will learn typical reactions to disasters, bodily cues for stress, and ways to increase personal resilience.

There is a maximum of 80 teen participants, as each break-out room discussion will be facilitated by two clinicians.

Tuesday, September 28 at 3:00pm

To register, click the following link:

https://atlanticealth.zoom.us/webinar/register/WN_U1hI4VIT-R-qglqEH5omGkQ

Save the Date(s):

Session #2: Tuesday, October 5 at 7pm: Resiliency for You (Parent Presentation)

Session #3: Tuesday, October 12 at 7pm: Family Self-Care Game Night

