Building Your Resilience Toolbox

Program Description: Having the resilience to meet life's challenges is something we all struggle with from time to time. It keeps us from acing that exam, making friends, and stepping into our full selves. In this program, we will explore what gets in the way while gaining new tools and connecting with peers through mindful self-compassion. Mindfulness is bringing non-judgmental awareness to the present moment. When this moment isn't going the way we would like, self-compassion helps meet it with kindness. To start your own resilience toolbox, learn how this teen did it on her own. For more information, please visit www.mscft.com.

Program: Mindful Self-Compassion for Teens (the program Formerly known as Making Friends with Yourself)
Facilitators: Marina Barnes & Alex Espinsoa
Dates: September 19th to November 7th, meets 1X/week
Time: 3:00pm PST to 4:15pm or 4:30pm PST; depending on # of participants (min 4 / max 12)
Location: Zoom
Value: $350; scholarships available based on need
SignUp: HERE

“I liked learning the various coping techniques to help me de-stress and calm down. I also felt that the program helped me be kinder towards myself.” Participant

“This was beneficial for teens receiving eating disorder treatment, groups were moderated in ways that supported the participants in feeling comfortable.” Parent

“I used to be less accepting of my own flaws, but now I learned to appreciate myself better.” Participant