



MANAGE STRESS

SOLVE PROBLEMS

STAY HEALTHY

STAY FLEXIBLE



TEEN RESILIENCE TRAINING

Hosted by the Military Intelligence Readiness Command



This is a 7 session training program that will improve the way teens approach life's challenges!

Session 1 | 26 April 2015 | 12-3:00pm
Goal Setting & Activating Event, Thoughts, Consequences

Session 2 | 30 May 2015 | 1-3:00pm
Hunt the Good Stuff & Energy Management

Session 3 | 20 June 2015 | 1-3:00pm
Avoid Thinking Traps & Detect Icebergs

Session 4 | 25 July 2015 | 1-3:00pm
Problem Solving & Put It In Perspective

Session 5 | 29 August 2015 | 1-3:00pm
Mental Games & Real-Time Resilience

Session 6 | 26 September 2015 | 1-3:00pm
Identifying Character Strengths in Self / Others & Character Strengths / Challenges in Leadership

Session 7 | 17 October 2015 | 1-3:00pm
Assertive Communications, & Effective Praise and Active Constructive Responding



Eligibility/Priority Registration:

9th – 12th Graders

1st Priority - MIRC Teens

2nd Priority - Army Reserve Teens

3rd Priority – Active Duty Teens & Other Military Teens

Registration Forms Must Be Completed and E-mailed to usarmy.usarc.mirc.mbx.hq-family-programs@mail.mil

By 1 April 2015

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