

Middle School BSD Resilience Group

Sponsored by the Mental Health Assistance Team (MHAT)

Join us on Teams TUES 4-5:00pm

3/8, 3/15, 3/22, 3/29, 4/5, 4/19 & 4/26

Build Your Resilience Tool Kit to:

- Increase your focus & awareness
 - Manage strong emotions
- Cope with stress and adversity
 - Cultivate positive emotions
 - Build and maintain healthy relationships

BSD MIDDLE SCHOOL STUDENTS please COMPLETE [THIS FORM](#) or Scan the QR Code IF INTERESTED.

Questions? Reach out to the teaching team:

Layne Barker barkerk@bsd405.org
Melissa Odegard odegaardm@bsd405.org

