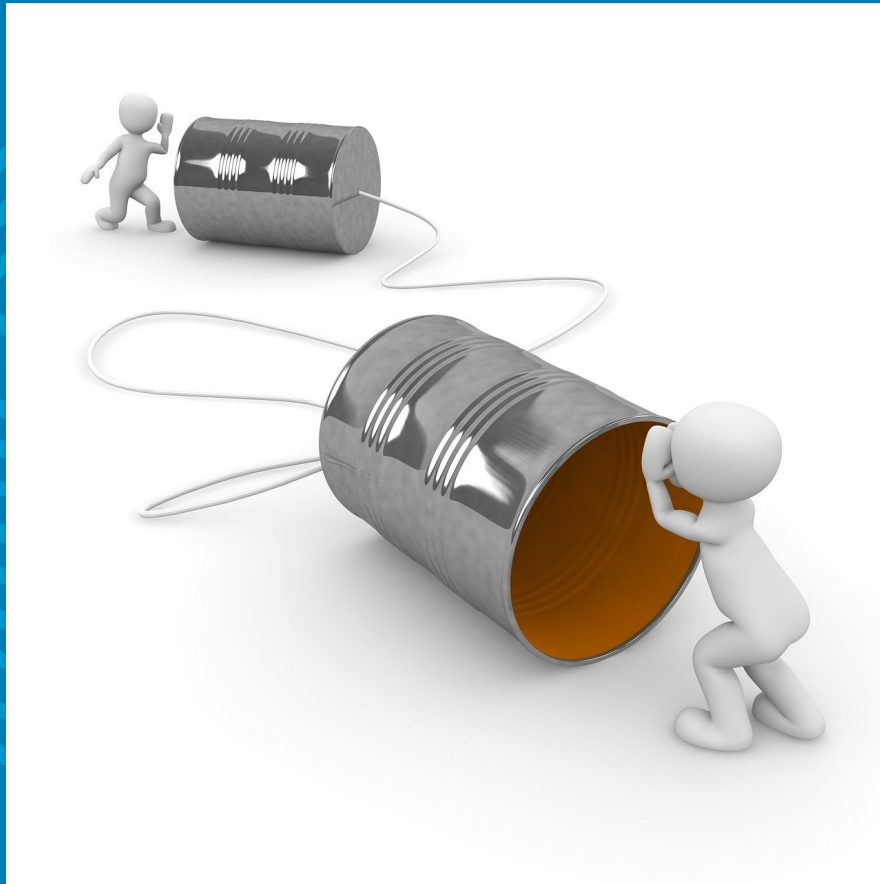


# Online family workshop series



## Raising Resilient Teens

A Live Virtual Workshop with Molly Hansen, Prevention Therapist at Ohana Center for Child and Adolescent Behavioral Health.

### Join Us

**Thursday, August 24**

**12:00 - 1:00 PM**

To register, log-in and enroll through the Learning Management System (LMS) by August 22, 2023. Course Number: WELL 1047-1. A link to join the online training will be sent to attendees one business day in advance.

The teenage years are filled with some of the highest highs and lowest lows. Join us in this workshop to better understand the factors that can lead teens to develop resilience, a characteristic that is vital for success in life. We will explore healthy habits to build good mental health, how to befriend failure, ways to create opportunities for connection and effective parenting strategies.

**Note:** This workshop is part of the 12 Wellbeing & Work-Life Paid Leave Hours allocated to County Employees.

Questions? Contact the County of Monterey Employee Wellness Program at [healthpromotion@co.monterey.ca.us](mailto:healthpromotion@co.monterey.ca.us)

