



**Where:** North Layton Jr. High  
**When:** Thursdays, January 23rd – Feb 27th | 7–8 PM  
**Taught by:** The Hope Hero Team | Led by Amanda Anderson

Teens' Rise of Resilience course is one of **empowerment** and **proactive mental well-being**. Teens will learn to **take control of their own resilience**, viewing themselves as the heroes of their own stories. The course offers **practical tools and support** to help teens navigate life's challenges with confidence, connection, and courage. It emphasizes the importance of **building strong relationships**, improving **communication skills**, and **setting healthy habits** to support overall mental health and well-being. By the end of the course, teens will have a **clear roadmap** for resilience to guide them through adversity and thrive in today's world.

Growing up in today's world can be challenging, but teens don't have to face it alone!

**Teens' Rise of Resilience** is a **6-week in-person course** that takes a proactive approach to mental well-being. Teens will learn how to face today's challenges with the hero's mindset of resilience, empowering them with tools, knowledge, and support to thrive.

**☀ What Teens Will Learn:**

- A **roadmap for resilience** to rise above adversity and face life's challenges with courage.
- How to see yourself as the **hero of your own story**, unlocking your inner strength and confidence.
- Powerful tools to **build meaningful connections**, communicate effectively, and maintain strong mental well-being.

**☀ Why Join?**

- Gain a **proactive approach to mental well-being** and equip yourself with the tools to face life's challenges head-on.
- Build lasting connections with others who are also committed to growth and resilience.
- Develop the skills to communicate confidently, set goals, and navigate tough situations with courage.
- Discover a powerful **roadmap to resilience** that will guide you through adversity and empower you to live your best life.



<https://daviscomed.davis.k12.ut.us/o/daviscomed/page/2024-fall-registration-payment>

**YOU ARE NOT ALONE! YOU ARE LOVED! YOU ARE WORTH IT!**