Resilient Youth

Helping today’s youth develop coping skills to manage and master stress

The Resilient Youth Program helps students build stress management and resiliency skills to cope with life’s challenges. Our research-based approach has been proven to help reduce test-taking anxiety, strengthen memory and concentration and improve academic performance.

In these workshops, you will learn:
• How to recognize your personal stress triggers
• Techniques to stay calm in stressful situations
• How to build develop lifelong positive habits that enhance personal resiliency

Led by Resilient Youth Director Rana Chudnofsky, MEd and members of the RY Team.

Single-session workshop - $75
3-session workshop - $215
One-on-One Session with RY Staff - $125

Register online at www.bensonhenry.institute.org

Classes are held at the Benson-Henry Institute, 151 Merrimac Street, 4th Floor, Boston, MA. If you would like more information, or are interested in hosting a Resilient Youth course in your community, please contact Resilient Youth Senior Director Marilyn Wilcher at mwilcher@partners.org or (617) 643-6035.