



# TEENS IN CONTROL

RESILIENCY BUILDING WORKSHOPS FOR YOUTH AGES 12-18

Learn about mental health, healthy coping strategies and self-care, and gain factual information about mental illness.

- 2 workshop sessions
- Small group discussion, games and activities
- Learn to use photo journaling to share experiences
- Builds coping skills and self-care practices
- Dispels myths and misinformation
- Provided in a relaxed, social setting
- Snacks provided

FOR MORE INFORMATION AND TO FIND OUT WHEN THE NEXT WORKSHOP WILL BE OFFERED, PLEASE CONTACT:

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A REASON TO HOPE. THE MEANS TO COPE.  
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY