



# MENTAL WELLBEING & RESILIENCE WORKSHOP FOR TEENS

**Cost: FREE**

**Ages: 12 & up**

**Dates & Times:**

**High School Students:**

--June 6th, 8th, 13th, & 15th

--From 9am-11am

**Middle School Students:**

--June 6th, 8th, 13th, & 15th

--From 1pm-3pm

**Location:**

Monticello Berndes Center  
766 N Maple St, Monticello IA

**Registration:**

12 spots available for each age  
email [jnull@tanagerplace.org](mailto:jnull@tanagerplace.org)

## Learn How to Care for Your Brain Health!

This 4 part workshop will provide opportunities to learn the elements needed for Mental Wellbeing and Resilience.

Through hands on learning and practice, you will improve understanding of self, emotional awareness & coping as well as how to build healthy relationships and make healthy choices.

Join us to gain tools, resources, and skills. Build your own personalized mental wellbeing kit to support ongoing growth, wellness, and resilience.

Meraki Institute of Learning at Tanager Place is offering this workshop at no cost thanks to a grant from the MH/DS of East Central Region and partnership with Monticello Parks & Rec.

