

# SEEKING 6TH-8TH GRADERS WHO WANT TO BUILD RESILIENCY SKILLS



is accepting applications for 6th, 7th, and 8th grade students for their Spring 2022  
**Resilience Builder Program<sup>®</sup>**

This evidence-based group program is lead by FSC Resilience Builder trained and certified clinicians and is designed to support middle school students in bolstering their resilience by enhancing their ability to adapt well to life and its challenges (especially now - in response to COVID-19 pandemic). The group format will assist youth with developing social competencies as well as self-regulation skills. Parent sessions are incorporated into the curriculum (two or three times) to support generalizability of skills into real world practice.

## When:

**Tuesdays 5:30pm-6:45pm  
March 1 to May 24 (no session March 22)**

## Where:

**Family Service Center  
191 Waukegan Road, Suite 206 | Northfield  
(or virtually if COVID necessary)**

**CALL 847-251-7350  
TO LEARN MORE**



Qualifying Glenview and Northbrook resident participant scholarships generously funded by:



Family Service Center is a community-based, not-for-profit, mental health agency that provides a range of mental health services for individuals and families. We believe everyone deserves access to quality services and we remove financial barriers to making that happen at FSC.

191 Waukegan Road, Suite 206, Northfield IL 60093 | [info@familyservicecenter.com](mailto:info@familyservicecenter.com)