

# Self-Care for Teens Series



Atlantic Health Systems' Children's Health, Behavioral Health and Community Health have partnered with the Center for Family Services to offer a Self-Care for Teens Series made possible by the NJ Hope and Healing program. The sessions will explore ways for teenagers to understand the difference between good and bad stress, practice self-care tips, and to participate in a game show.

## **Session #1: Refueling My Resiliency: Why Self-Care & Resilience Are Important** **Tuesday, March 1 at 3:00pm**

This one-hour virtual session is a mixture of a presentation and interactive break-out room discussions where teens will have the opportunity to ask questions and participate with crisis counselors.

**To register, click here:**

<https://atlanticealth.zoom.us/meeting/register/tZUuf-6srDkiEtFPx0v3-o7JowydbYd3wLeX>

## **Session #2: "Take What You Need": Self-Care Sessions** **Thursday, March 17 at 3:00pm**

This session will give teens the opportunity to learn how to journal, practice mindfulness, meditate and practice yoga.

**To register click here:**

[https://atlanticealth.zoom.us/meeting/register/tZYrfuCsqDstGNVAj8A4ytDWM\\_7NPopkyOTn](https://atlanticealth.zoom.us/meeting/register/tZYrfuCsqDstGNVAj8A4ytDWM_7NPopkyOTn)

## **Session #3: Self-Care Game Show** **Tuesday, March 29 at 3:00pm**

**To register, click here:**

<https://atlanticealth.zoom.us/meeting/register/tZwoduqvpzwiGdAubBgqXhe9IXRJs7KlhGq>

