

RIH GUIDANCE PRESENTS

**BUILDING RESILIENCY:
A CONVERSATION ON SELF CARE
STRATEGIES AND HELPING YOUR TEEN
BUILD THEIR COPING SKILLS TOOLKIT**



A Panel Presentation with
Julia Hochstadt, LCSW
Kristen Kurth, MA, LPC
Julia Tsakalis, LCSW

**THURSDAY, MARCH 26TH
7-8:30PM
RHS MEDIA CENTER**