



TAKING CARE OF OURSELVES AND OUR TEENS

REDUCING STRESS AND ENHANCING RESILIENCY

**War Memorial at City Hall 6:00-7:30pm
April 10th, 17th, May 6th, 13th**

As part of our Youth Stress grant, Newton Youth Services, in partnership with Newton Free Library, is pleased to offer a four-session wellness program for parents of adolescents developed by the world-renowned Benson-Henry Institute of Mind Body Medicine at Massachusetts General Hospital. This program teaches self-care skills to help cope with stresses of everyday life and aims to leave parents with a renewed sense of control and well-being. This program is FREE to all Newton residents or parents of teens attending school in Newton.

To register visit: <https://www.surveymonkey.com/s/parentsofteens>

During the four sessions, you will learn:

- The physiology of stress and how it affects your body
- Self-care strategies to reduce stress and increase your resilience
- Relaxation techniques such as meditation, deep breathing, mindfulness and imagery
- Easy ways to reduce or stop stress-inducing thoughts
- Tips for modeling these skills for your teens and helping reduce their stress and build their resilience too

Program led by Rana Chudnofsky, M.Ed., Director of the Education Initiative at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital



**CITY OF NEWTON
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