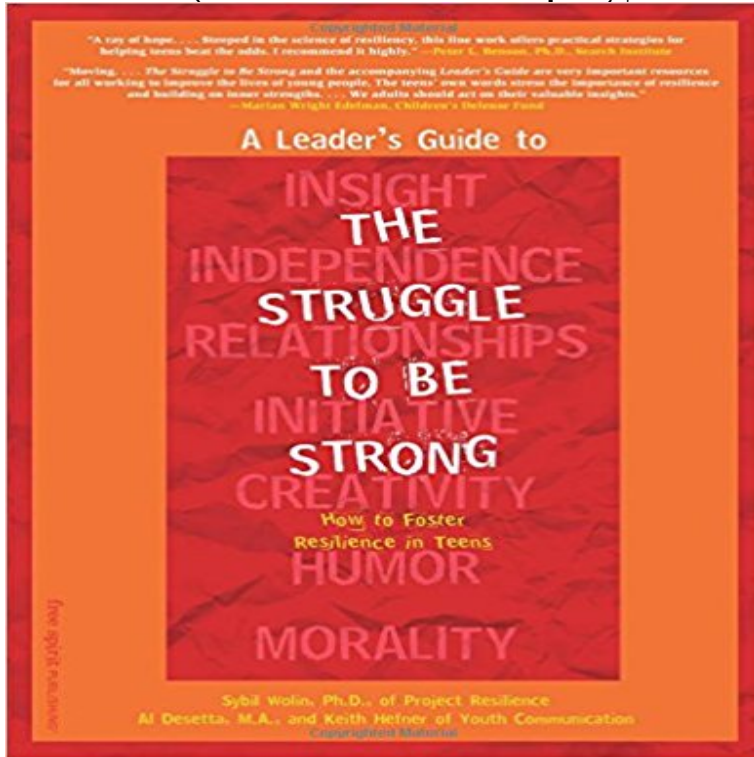


# A Leaders Guide to The Struggle to Be Strong: How to Foster Resilience in Teens (Teen-Focused Coping Skills)



Activities, exercises, and questions invite teens to go deeper into the stories in , relate them to their lives, recognize their own potential for resilience, and start building resiliency skills.

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