

I am independent. I make choices about my life.
I have equal access to education and employment.
I am curious about many things. **I am a learner.**
I actively participate in society. **I am a friend.**
I am a dreamer. P.S. I am possible!

P.S. I am Resilient!

★ **Free** Psychoeducational Virtual Workshop for Children, Youth and Parents conducted by DC Independently Licensed Clinicians.

★ This workshop will provide COVID-19 relevant community resources and psychoeducation to enhance attendees coping and interpersonal skills.

☆ **P.S. I am Resilient** for Children Ages 8-12

Wednesdays at 4:00 PM from June 1, - June 26, 2020

☆ **P.S. I am Resilient** for Youth Ages 13-18

Mondays at 4:00 PM from June 1, - June 26, 2020

☆ **P.S. I am Resilient** for Parents, Caregivers, Guardians, Support Systems

Tuesdays at 4:00 PM from June 1 - June 26, 2020

★ Three different workshops offered for 1 hour over four weeks.

[Follow this link to register by May 28, 2020](#)