



The Resilience Lab from OTR!

Aged 11-15? Burnt out from too much work or studying?

In a hectic and often stressful world our ability to bounce back is really important for our health and happiness. Come and join OTR for a series of FREE and most importantly FUN workshops to learn some new skills and ideas for how to cope with stress and the challenges you face.

Sessions include "Making Friends With Stress", "Thinking Traps", "SuperMe" and "Reach Out"!

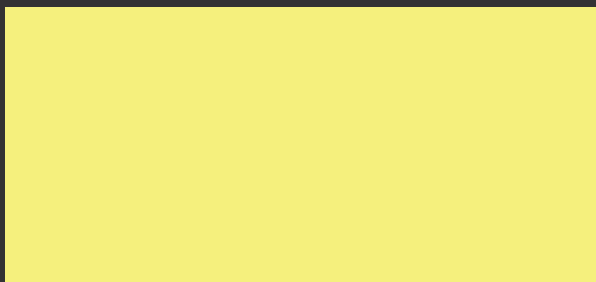
You can come to one, or better still, come to all five.
You can also bring a friend along.



**Join us on Thursday evenings in Yate
for the Resilience Lab sessions.**

Want to book a place? Find out more?
Email southglos@otrbristol.org.uk
or phone the OTR team on 01454 312 555

Next session details:



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