



**Fort Bend County
Behavioral
Health Services**

TRAINING *Workshop*

Come join our workshop focused on providing adolescents with skills to help create awareness and regulate emotions.



Tuesday's
04.00–5.00 PM
BEGINS: 2/20/25



Our Location
VIRTUAL

Emotional Resilience

Learn to identify emotions when starting to feel distressed. Develop skills to help feel more in control of overwhelming emotions.

Creating Emotional Awareness

Learn to identify distressing emotional triggers, the concept of tolerance, develop skills to accept and cope with distressing situations.

Effective Communication

Learn to communicate more effectively through understanding your values around relationships, your boundaries, and communication styles.



Scan QR code to
sign up



Contact Us
281-238-3079
anthony.franklin@
fortbendcountytexas.gov