



Children's Mental Health Action Week is part of Mental Health Awareness Month.

Let's Support Children's Mental Health!

Wednesday, May 6th

Did you know? We can model healthy resilience strategies for children. Check out the seven Cs to building resilience in children and teens:
Competence, **C**onfidence, **C**onnection,
Character, **C**ontribution, **C**oping, and **C**ontrol.

Learn more about the seven Cs below.

[Seven Cs of Building Resilience](#)

