

# BRACE:



## Building Resilience And Character strengths Everyday

If you're a teenager and you're feeling overwhelmed, stressed, sad/low, or if you're looking to improve your life and relationships, BRACE may be able to help. Learn how to BRACE yourself and apply the principles of positive psychology to help build resilience and strength in everyday scenarios, foster positive relationships and experiences, and create a happier, more meaningful life!

### DETAILS:

- **What:** The BRACE group, offered through the University Center for the Child and Family, offers a different way to approach life. The group meets once a week for 1.5 hours for 10 weeks per session.
- **When:** Starts April 2018. Exact day and time will be determined based on group member availability.
- **Who:** Teens between 14-18 years old who may be experiencing stress, anxiety and/or low mood and who would like to learn positive life skills and build resilience. Referrals are welcome.
- **Cost:** \$10-30 per session with accepted insurance coverage or \$40 per session without insurance.
- **Where:** UCCF office - 500 E. Washington St., Suite 100 Ann Arbor, Mich. 48104

### Contact us to learn more:

[MARI.UMICH.EDU/UCCF](http://MARI.UMICH.EDU/UCCF) | (734) 764-9466 | [UCCF@UMICH.EDU](mailto:UCCF@UMICH.EDU)

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The University Center for the Child and Family (UCCF) is strongly committed to helping children and families enjoy a happier life, more satisfying relationships, and increased success at school or work. We offer a comprehensive range of mental health services for children, adolescents, and families including group and individual therapies and free or low-cost workshops. UCCF is part of the Mary A. Rackham Institute (MARI) at the University of Michigan.