

# Raising Resilient Teens

Please join Psychotherapist Robert D. Cohen, LMFT for a special seminar designed to help parents raise resilient adolescents. Successful teens learn to cope with stress and persevere when faced with challenges. Robert will share techniques and research designed to assist parents in teaching teens to develop the necessary skills and confidence to overcome adversity. This seminar will provide the opportunity to ask questions and engage in role play.



**Paul Revere Middle School**  
**Thursday January 18th, 2024**  
**6:30 PM Zoom Meeting**

Join Zoom Meeting

<https://us02web.zoom.us/j/5102578221?pwd=YXpuMHFOTHxQis3Tis3bkdEK3FRUT09>

Meeting ID: 510 257 8221  
Passcode: paulrevere

Robert D. Cohen is a licensed marriage and family therapist who specializes in working with adolescents and their families. Robert uses humor and warmth in his cognitive behavioral approach and loves to help young people become better versions of themselves. Robert is Clinical Director at Of One Mind, a treatment program dedicated to resolving behavioral challenges. Robert received his BA from The George Washington University and his Masters in Psychology from The Chicago School of Professional Psychology. Robert can be contacted at [robert@ofonemind.net](mailto:robert@ofonemind.net) or 310-479-9065 ext 1.