



COMMUNITY CONNECTION EVENT

# CONFIDENCE 2.0

## HOW TO BUILD RESILIENT KIDS

AN EVENING FOR PARENTS & TEENS

with child psychiatrist

**MATT SWENSON, MD**

**5:00–7:00**

RESOURCE

BOOTHS

+ REFRESHMENTS

**7:00–9:00**

PRESENTATION

+ Q&A + PRIZES

**PLEASANT GROVE**

**HIGH SCHOOL**

700 E 200 S

PLEASANT GROVE

Confident, resilient teens will be ready to launch into adulthood. Come learn from EveryDay Strong creator Dr. Matt Swenson how you can foster real confidence in your teens during this crucial time of their lives.

**SAVE THE DATE!**

**WEDNESDAY,  
SEPT. 27**