



KNOW

Healing Arts Institute of South Florida & The City of Pompano Beach Present

# Youth Resilience

Workshop Series

A FREE Summer Program for Middle & High School Youth

**July 28 - July 29, 2026**  
Monday & Wednesday  
1:00 PM - 3:00 PM

**E. Pat Larkins Community Center**  
Pompano Beach, FL

A Trauma-Informed Program to:

- ✓ Manage Stress
- ✓ Build Confidence
- ✓ Strengthen Resilience
- ✓ Connect with Peers
- ✓ Develop Leadership



Expected Outcomes:

- ✓ Increase Emotional Awareness & Confidence
- ✓ Refer to Mental Health Services

Program Goals:

- ✓ Create a Safe & Inclusive Space
- ✓ Teach Coping Skills & Communication
- ✓ Foster Peer Support & Leadership
- ✓ Connect Participants to Mental Health Resources

**WHO CAN ATTEND?**  
Youth Ages 14-18 & Caregivers Welcome



Healing Arts Institute of South Florida International, Inc.  
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BROWARD COUNTY • 2025-2026

### PRINCIPAL'S CORNER

Principal's Corner text describing the role of the principal and the school's commitment to excellence.

### MISSION STATEMENT

The school's mission is to provide a safe and supportive learning environment for all students, ensuring they are prepared for the future.

### VISION STATEMENT

Our goal is to be a premier educational institution that empowers students to reach their full potential through a focus on academic excellence and personal growth.