LIFE HAPPENS, LET'S MANAGE IT TOGETHER WITH GRIT!

The Garnering Resilience in Traumatized Youth & Families (GRIT) program is recruiting participants interested in working with a health coach to manage stress by developing healthy habits.

YOU MAY BE ELIGIBLE IF YOU ARE:
- Ages 12 to 17
- Have a trusted adult 18 or older willing to participate
- Have access to a smartphone and internet
- Have experienced trauma or adversity

IF INTERESTED...
Please complete the online interest form found at https://redcap.link/Grit or use your camera to scan this QR code

PARTICIPANTS MAY RECEIVE:
- Up to $85
- 8 health coaching sessions
- A smart ring from Oura for 3 months
- An Inner Balance Trainer from HeartMath

QUESTIONS?
Dawn Bounds, PhD, PMHNP-BC
Principal Investigator
949.824.4912

Centering Youth & Families for Empowerment & Resilience