



A Bounce Back and Thrive
Resilience Workshop for Parents
will be held at North Elementary in Good Hope
on Saturday, March 10th
10 a.m. to 4 p.m.

If you are interested in the classes...please call 309-456-3920
Or 309-776-3180 to check for an available spot.

PART 1 focuses on enhancing the capacity of parents **to provide caring relationships and role model skills that build resilience** in their daily interactions with their children. Content includes...

Exploring how:

- caring relationships, positive role models and a strengths-based approach help build resilience in young children.

Building self-regulation skills to:

- enhance how we regulate our emotions and control our impulses
- reflect on our reactions to stressful circumstances.

Learning key thinking skills including:

- easy ways to understand how thoughts cause reactions that either help or hinder responding with resilience to situations
- techniques to identify non-resilient “thinking habits” and deeply-rooted beliefs that cause relationship difficulties and block effective responses to opportunities
- techniques to develop flexible thinking and find alternative ways to respond to conflict, problems and stress.

PART 2 helps parents **apply behavior guidance and resiliency-building strategies** directly with their children. Content includes...

Using empathy to build close relationships and help children develop emotional literacy skills

Helping children develop a “Can Do” view through mastery opportunities, encouragement and confidence-building approaches.

Building an environment of “positivity” to enhance children’s capacity to maintain hope .

For the kids in our care... lots of fun things are planned to keep them entertained and ensure that everyone has a fun day!

FREE Lunch and snacks! It’s a great way to meet other families in our community!

