

Is your family feeling stressed?

Resilience skills help parents and their children handle life's challenges and make use of opportunities to grow and learn.



Bounce Back and Thrive!

Bounce Back and Thrive is a 10-session program. You will learn skills to achieve family calm and happiness:

- Build resilience in everyday interactions with your children.
- Let go of stress allowing you to solve problems or conflicts.
- Teach your children to manage anger, frustration, and stress.
- Assist your children in improving their confidence and self-esteem.

This program is available for caregivers with children 6 years old and under.

The program runs for ten weeks on Wednesdays from 1:00pm to 2:30pm through Zoom, starting February 3rd 2021.

To register for this FREE program, please call 705.869.5545, ext. 263 or email rriicher@cptm.ca



To learn more about the Bounce Back and Thrive! program, visit bit.ly/2VWziL2.

