



Bounce Back & Thrive!^{OM} (BBT) is a resiliency skills training program designed to meet the needs of parents (and those in a parenting role) of children under the age of 8.

BBT helps parents navigate everyday stress and challenge and role model these skills in daily interactions with their children helping them and their children to bounce back and thrive. BBT was designed as an adaptation of Reaching IN...Reaching OUT^{OM} (RIRO) Resiliency Skills Training Program for child care and early learning staff and service providers.

Online sessions

When:

Part 1 | Adult Skills

February 14 to March 21, 2023

Every Tuesday

9:30 a.m. to noon

Part 2 | Child Applications

March 28 to April 18, 2023

Every Tuesday

9:30 a.m. to noon

Where:

A Microsoft Teams link will be provided following registration.

How to register:

Call 705.222.9202

Toll-free 1.866.522.9200

Ext. 537



www.wellington.ca/riro

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