



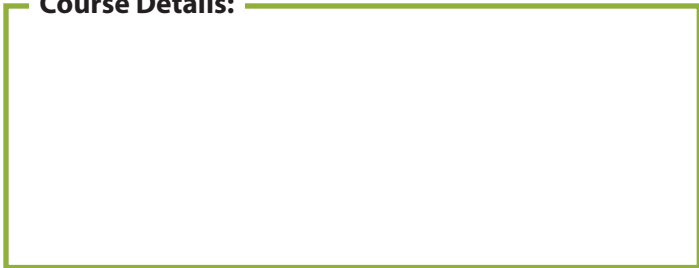
# Bounce Back & Thrive<sup>OM</sup> (BBT)

Join us for **Bounce Back & Thrive!<sup>OM</sup>** (BBT) resiliency skills training for parents (and those in a parenting role) of children under the age of 8.



BBT helps parents navigate everyday stress and role model these skills in daily interactions with their children helping them and their children to bounce back and thrive.

## Course Details:



[www.wellington.ca/riro](http://www.wellington.ca/riro)

<sup>OM</sup> Official Mark of The Corporation of the County of Wellington