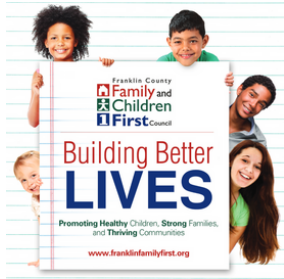


● RAISING RESILIENT FAMILIES

A strengths-based series enhancing caregivers' ability to build resilience in themselves and their children



TOPICS:

- Session One: Building Resilience at Home
- Session Two: Caregiving is Hard! What can we do?
- Session Three: Taming the Tantrum-- What to do when nothing else works!

It is not necessary to attend all three sessions. Come to as many as feel helpful for you and your family!

Session One:

- July 14th- 6:30pm on Zoom
- July 16th- 10am @ Columbus Main Library

Session Two:

- Aug 4th- 6:30pm on Zoom
- Aug 6th- 10am @ Columbus Main Library

Session Three:

- Sept 15th- 6:30pm on Zoom
- Sept 17th- 10am @ Columbus Main Library

● Sign Up Now

<https://www.franklinfamilyfirst.org/parent-trainings>

