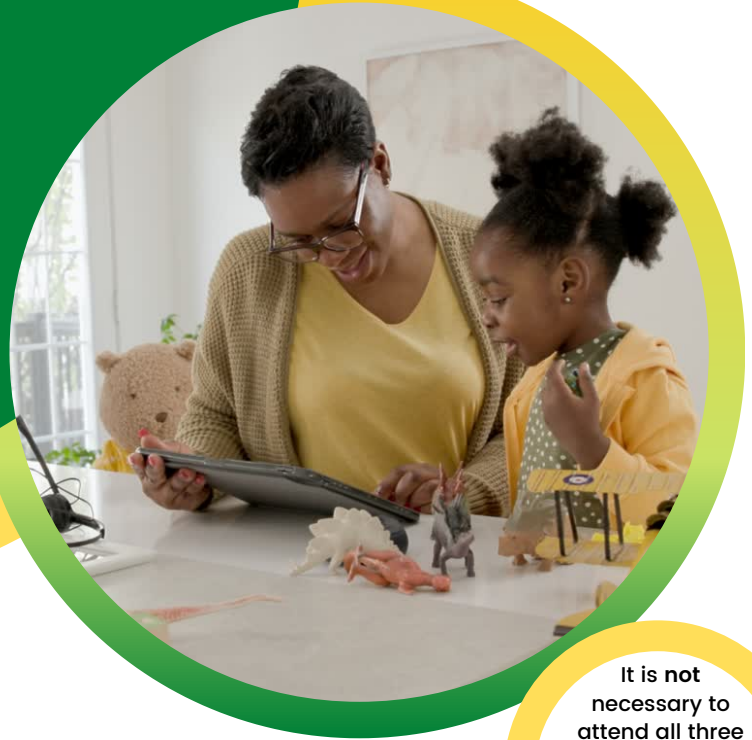




● RAISING RESILIENT FAMILIES

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



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

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!

Session One:

- May 6th, 6-7pm
- Tuning into repetition, routine, and joy as means of building resilience in your children and yourself.

Session Two:

- June 1st, 9:30-10:30am
- The only way to help our kids manage their big feelings is to manage our own needs for regulation.

Session Three:

- June 24th, 6-7pm
- Learn to understand your child's behavior as a symptom of dysregulation.

● All Sessions will take place on ZOOM!

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

