



RAISING RESILIENT CHILDREN

Let's talk about it!

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

October 6, 2022 | 10:00 a.m. – 11:30 a.m.

We welcome parents, guardians, caregivers and community members to attend this virtual session!

[Register](#) Today!

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- Recognize and accept feelings
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Deal with upsetting or stressful life events

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



This free parent presentation is brought to you in a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and families.

More Information:

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