



Bounce Back & Thrive!

Bounce Back & Thrive! (BBT) is a resiliency skills training programme 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 (RIRO)** Resiliency Skills Training Programme for child care and early learning staff and service providers.

IN-PERSON
10 weeks

INTAKE ASSESSMENT
IS REQUIRED, TO REGISTER:



Thursdays
from October 3
- December 5
1:30 - 3:30 PM