



**bounce  
forward**

*Thrive in life.  
Start with resilience.*



**Fully Funded by  
Hertfordshire DSPL 8**

## **RAISE RESILIENCE**

**Helping Children Develop Resilience is More Important Than Ever!**

### **A six-session course with worksheets**

During a time when all of us are facing change and challenge, you want to support your children in the best possible way, and show them how to deal well with setbacks and uncertainty.

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions that provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour.

The sessions will help parents to understand their own resilience as well as helping to structure the way you build resilience in your children.

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**Really good sessions with great practical strategies that can really help for both adults and children as well as personally.**

**Every Tuesday at 10:00-11:00**  
Starting 8th June through to 13th  
July 2021

**LEARN MORE & SIGN-UP**

