

RESILIENT FAMILIES

Stress Management & Emotional Wellbeing

Workshop Series for Parents/Caregivers

These workshops aim to support parents/caregivers in:

- **identifying & managing emotions**
- **learning coping skills & ways to manage stress**
- **improving emotional wellbeing**
- **learning about resilience**
- **learning about mood-lifting activities, plus much more!**



**JOIN
HERE**



zoom

Meeting ID:

840 1216 8465

October 26, November 2, 9, 16

3:00PM - 4:30PM

