Resilience Toolkit -
Helping our children to deal with challenge and change

A series of 3 sessions provided by Bracknell Family Learning Team to give parents/carers some great ideas and resources to use with their children

- *Empowering children to make good choices*
- *Lots of ideas for boosting resilience and having a positive outlook*
- *"Make & Take" -each session will include helpful tools and techniques for you and your child*

Try out different resources

A chance to chat and ask questions

Tuesday 16th November 1:00-3:00pm	Tuesday 23rd November 1:00-3:00pm	Tuesday 30th November 1:00-3:00pm

There will be a short pre-course Zoom meeting on Wednesday 10th November 10-10.30am where you can meet our tutor Inge Taylor and find out more about what's involved. Please email Mrs Thorpe (familysupport@jennetts.bonitas.org.uk) if you would like to reserve a place for you and your child or require further information.