



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