



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 3 rd October 9-11am	Tuesday 10 th October 9-11am	Tuesday 17 th October 9-11am
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Please contact **Inge Taylor**: ingetay@bracknell-forest.gov.uk or **Mrs Thorpe**: familysupport@jennetts.bonitas.org.uk if you would like to reserve a place for you and your child or require further information.