



**bounce  
forward**

*Thrive in life.  
Start with resilience.*



**Fully Funded by Hertfordshire  
County Council**

## **RAISE RESILIENCE**

**Helping Children Thrive Into The New Normal**



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

The coronavirus has forced children and families to deal with uncertainty head on. As you continue adapting to the latest information, you, and your children may be anxious for a whole host of reasons - leaving you and them feeling stressed, overwhelmed, or exhausted.

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 developed a series of sessions to help parents, help their children cope and thrive.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build skills to help their children be more resilient during this uncertain time.

 **100% of parents rate the  
usefulness of this course 10/10**

### **Ten date options available**

This is an amazing opportunity

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