



**bounce
forward**

*Thrive in life.
Start with resilience.*



**Fully Funded by
Hertfordshire DSPL 8**

RAISE RESILIENCE

Helping Children Thrive Into The New Normal

A six-session course with worksheets

The coronavirus forced millions of children and families to stay at home. Now as we move beyond lockdown, you want to support your children back into the world. 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 scheduled a series of sessions to help parents, help their children cope with uncertainty to 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.

“ A wealth of information, shared in a realistic and practical way. These sessions have been my oxygen mask!

Every Wednesday at 10:30am
Starting 16th Sept through to 21st Oct

LEARN MORE & SIGN-UP

