



# bounce forward

*Thrive in life.  
Start with resilience.*



## RAISE RESILIENCE

Helping parents and children to thrive!



### A six-session course with home resources

Raise Resilience is a series of on-line sessions for parents. It starts with personal resilience to remind you to look after yourself (easily forgotten) and takes you through key ingredients for building resilience in a way that is helpful for you and your children.

The sessions provide practical skills and information proven to support positive changes in cognition, behaviour, and mindsets. This is an opportunity that really helps with the small day to day stuff and can be a set of tools that help you and your children thrive in life.

This has been fully funded through Hertfordshire County Council to bring to parents in Herts for FREE!

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Really informative, well delivered and easy to understand. Opened my mind and will be very useful for family life.

Four date and time options to choose from

LEARN MORE & SIGN-UP

