bounce forward

Thrive in life.
Start with resilience.

Supported by **Thrive** LDN

RAISE RESILIENCE
London Parents

Helping Children Thrive In The New Normal

Series of six 1 hour sessions with materials to use at home

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. You, and your children may be anxious for a whole host of reasons - leaving you and them feeling stressed, overwhelmed, or exhausted.

This series of on-line sessions start with personal resilience to support you to look after yourself (easily forgotten), and help you, help your children thrive when faced with uncertainty. The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour.

This is an opportunity that really helps with the small day to day and can be a set of tools that help you and your children now and into the future.

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

There are three date options to choose from. Click the link below for further information.

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