

# Mental Health and Resiliency Series

## Navigating Challenging Times Together

These **FREE ONLINE INFORMATION SESSIONS** are for parents and caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges. Discover strategies that can help build resiliency and overall family wellness through household routines, strong relationships, positive stress management, and effective communication.

### RESILIENT HOUSEHOLDS

How to Make the Juggling Act  
More Manageable

**Making Uncertain Times More Predictable:  
Settling into Routines**

Date: **Tuesday, May 5 2020**

Time: 6:00 - 7:00 pm

**Giving Time and Attention to our Big Needs**

Date: **Tuesday, May 12 2020**

Time: 6:00 - 7:00 pm

### RESILIENT RELATIONSHIPS

Taking Care of Ourselves While  
Strengthening Bonds with Our Children

**Strengthening Connections with Ourselves,  
our Kids, and our Communities**

Date: **Tuesday, May 19 2020**

Time: 6:00 - 7:00 pm

**Connecting Through Child Directed Play**

Date: **Tuesday, May 26 2020**

Time: 6:00 - 7:00 pm

### RESILIENCY THROUGH CO-REGULATION

Managing Stress Together

**Calming Our Bodies and Minds**

Date: **Tuesday, June 2 2020**

Time: 6:00 - 7:00 pm

**Resilient Mindsets**

Date: **Wednesday, June 10 2020**

Time: 6:00 - 7:00 pm

### RESILIENT COMMUNICATION

Through Praise and Collaboration

**Positive Praise**

Date: **Tuesday, June 16 2020**

Time: 6:00 - 7:00 pm

**Collaborative Problem Solving**

Date: **Tuesday, June 23 2020**

Time: 6:00 - 7:00 pm

**Register for one or more sessions!**  
**Learn more about our virtual sessions at**  
[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)