



Bounce Back & Thrive!^{OM} (BBT) is a resiliency skills training programme designed to meet the needs of parents (and those in a parenting role) of children under the age of 8.

BBT helps parents navigate everyday stress and challenge and role model these skills in daily interactions with their children helping them and their children to bounce back and thrive. BBT was designed as an adaptation of **Reaching IN...Reaching OUT^{OM} (RIRO)** Resiliency Skills Training Programme for child care and early learning staff and service providers.

Online Sessions are FREE but Registration is Required.

When:

Thursdays, April 21 - June 23
1:00 - 3:00 pm

OR

Saturdays, April 23 - June 25
10:00 am - 12:00 noon

Where:

Zoom link to be provided

How to Register:

Use the QR Code below
www.muskokafamilyfocus.ca
or call: 705-645-3027



Alternate formats available upon request.



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www.wellington.ca/riro

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