

PARENT EDUCATION AND REFLECTION (P.E.A.R.) GROUP

For Caregivers of Children & Youth in Grades 5 – 8

RESILIENCY

IN THE FACE OF

STRESS & ANXIETY



This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. This is a key skill for both caregivers and their children to develop, and can support overall family wellness.

In these sessions, caregivers will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support.

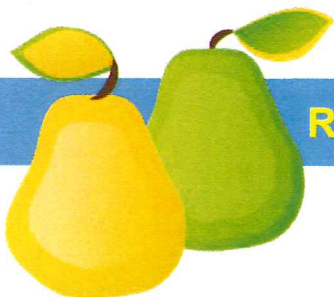
Your child/youth is invited to sessions 1, 4, and 7.

All class participants must register for the course prior to attending.

Session	Topic		Fall 2019	Time
#1	Introduction to Stress and Resiliency		October 15	5:30 – 8:00 PM
#2	I HAVE	Resilient Relationships	October 22	5:30 – 7:30 PM
#3		Supportive Environments	October 29	
#4	I CAN	Regulate my Response to Stress	November 5	
#5		Solve Problems	November 19	
#6	I AM	Optimistic in my Thinking	November 26	
#7		Compassionate, Kind & Grateful	December 3	

Location: Londonderry School, 7104 144 Ave NW, Edmonton, AB

For more information, contact cyfcaregivereducation@ahs.ca or 780-342-6885



Register at www.cyfcaregivereducation.ca/pear/resiliency

