

Coming this Fall!

RESILIENCY SKILLS TRAINING PROGRAM FOR PARENTS



Bounce Back & Thrive! (BBT) is a 10-session (2 Parts) evolving evidence-based resiliency skills training program for parents with children under the age of 8 years. BBT helps parents build skills that increase their capacity to role model resilience in their daily interactions with their children.

**To sign up or for more info, contact Camille at the Health Centre
705-657-2557**