

BUILDING EMOTIONAL RESILIENCY IN CHILDREN

WHEN

**Tuesday, February 18th & 25th
1pm - 3pm**

WHERE

**EarlyON Child and Family Centre
45 Overlea Blvd. Unit 108A
(south side of Mall)**

Childminding is available for 18 months & up.

**FOR MORE INFORMATION
CALL 416.421.8997**

**FREE PARENT
WORKSHOP**
No pre-registration
required

**RESILIENCY IS THE
ABILITY TO BOUNCE
BACK AFTER STRESS,
ADVERSITY, FAILURE
OR CHALLENGES**

Discuss:

- **The importance of emotional resiliency in children**
- **How to build emotional resiliency**
- **Key factors that can affect your child's resiliency**