



# Resilience Toolkit - *Helping our children to deal with challenge and change*



**A series of 3 sessions provided by Bracknell Family Learning Team to give parents/carers some great ideas and resources to use with their children**

- *Empowering children to make good choices*
- *Lots of ideas for boosting resilience and having a positive outlook*
- *"Make & Take" -each session will include helpful tools and techniques for you and your child*



Try out different resources

A chance to chat and ask questions

Tuesday 17 <sup>th</sup> January 2023 1-3pm	Tuesday 24 <sup>th</sup> January 2023 1-3pm	Tuesday 31 <sup>st</sup> January 2023 1-3pm
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There will be a **short pre-course meeting** in school on **Tuesday 10th January, 2:30-3pm** where you can meet our tutor Inge Taylor and find out more about what's involved.

Please speak to **Mrs Payne** ([DPayne@birchhillprimaryschool.co.uk](mailto:DPayne@birchhillprimaryschool.co.uk)) if you would like to reserve a place for you and your child.