



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 th January 2023 1-3pm	Tuesday 24 th January 2023 1-3pm	Tuesday 31 st 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) if you would like to reserve a place for you and your child.