



## **Raising Resilient Children**

Join us for a FREE seminar and discussion group. This will be a great opportunity to learn together!

**When: Tuesday,  
January 31,  
2023, 5:30-7PM**

**Where: Exploris  
Elementary,  
3/5 Building**

One of the most important tasks of raising a child is helping them learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it.

Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, wellbeing and success in life.

This seminar provides families with some ideas on how to help children become emotionally resilient.

For more information please contact: [jroberts@exploris.org](mailto:jroberts@exploris.org)  
RSVP via this [Sign up Genius](#)



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