



Tuesday, January 17, 2023

@ 6:30pm - 8:00pm

Virtually via Zoom

Presenter is Susan Lee

Triple P- Positive Parenting Program

FREE Virtual Session

Raising Resilient Children

The Raising Resilient Children seminar is for parents/caregivers of children ages birth-12 years old. It introduces caregivers to the six key skills needed to promote their child's emotional development including:

- Recognizing and accepting feelings
- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Dealing with stressful life events



For more information or to register, please contact: Molly McGinnis- Family Support Services Coordinator with Children & Youth Partnership for Dare County at 441-0614 ext. 4 Or email mmcginnis@darekids.org Online registration available at www.darekids.org