

Free

Springing back from 2020 with resiliency

Session 1: Children & Youth February 10 6-7:30 p.m.

Session 2: Staying Connected February 17 2-3:30 p.m.

Session 3: Self-Care & Mindfulness February 24 6-7:30 p.m.

Many children and families may feel that life has been difficult in recent times. **Learn why resiliency and mindfulness matters and how to build resiliency in yourselves and in your children.**

For: **Individuals, parents/caregivers, and families**

Cost: **Free**

Where: **Online (Microsoft Teams)**

Registration: ***(sign up for one, two or all three sessions)***
strathcona.ca/calendar