

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:	<i>(sign up for one, two or all three sessions)</i> strathcona.ca/calendar