

FREE**FOR PARENTS AND CARERS
LIVING IN OLDHAM**

Raise Resilience

Helping you support your child
through life's ups, downs and
everything in between.

“

Practical tools.
Stronger connections.
Resilient families.

**6**

Six sessions

A complete introduction
to resilient parenting

**1**

One hour each

Practical and manageable
around family life



Completely online

Join comfortably
from home



Flexible access

Join live or catch up
on demand

You'll gain practical, evidence-based tools to help you:



Understand your
child's thoughts,
feelings and
behaviour



Navigate difficult
moments with
greater confidence



Build resilience
and stronger
connections
together

FIND OUT MORE & REGISTER

Visit the webpage:

bounceforward.com/raise-resilience-for-parents-in-oldham-2/



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