



**bounce  
forward**

*Thrive in life.  
Start with resilience.*



**Barking &  
Dagenham**

## **Raise Resilience with Bounce Forward Barking & Dagenham; parents of children with EHC plans Helping Children Thrive In The New Normal**

### **Series of six 1 hour sessions with materials to use at home**

During a time when all of us are facing change and challenge, you want to support your children in the best possible way, and show them how to deal well with setbacks and uncertainty.

This series of on-line sessions start with personal resilience to support you to look after yourself (easily forgotten), and help you, help your children thrive when faced with uncertainty. The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour.

This is an opportunity that really helps with the small day to day stuff and can be a set of tools that help you and your children now and into the future.

**“ Great to have different "tools" to refer back to, useful for me individually as well as in parenting - thanks so much!**

**Every Thursday at 13:30-14:30**  
Starting 17th June through to 22nd July

**LEARN MORE & SIGN-UP**

