

## *Developing Resilience and Wellbeing*

*A FREE four week course for Parents/Carers of children  
(0-19) SEN&D/Emotional difficulties*

### **Resilience Training**

*Introducing the idea of building resilience (managing the daily family pressures and stress), and using what we know, can help children and ourselves to bounce back when life is particularly tough.*

*Resilience is the ability to withstand and recover from stressful life challenges, strengthened and more resourceful. The course focuses on what it means to be a parent of a child/children and the particular challenges the family may face on a daily basis*

*The course aims to build parents' resilience, so they are well placed to enjoy their journey bringing up their children:*

- *Share and explore their travels so far*
- *Take note of and celebrate the skills they have acquired along the way*
- *Map their needs in preparation for the next adventure*
- *Practise and rehearse possible strategies for building their skills and strengthening their resolve to journey on*



*"I enjoyed learning about meeting and knowing my basic needs, resilience in a meeting – learnt skills to have a positive attitude. To put into action all that I have learnt on the course" (Parent comment)*

### **Course details**

**Dates:** 4 11 18 25 March 2024

**Times:** 10:00 to 14.00

**Venue:** Jaywick Community Centre, Brooklands Gardens Jaywick Essex CO15 2JP

**For more information, or to book:**

Contact EXTRA on 01255 475001

or email [admin@extrasupportforfamilies.co.uk](mailto:admin@extrasupportforfamilies.co.uk)

Free Parking and refreshments including lunch

