

Family Resilience

FREE COURSE



**for Parents/Carers of pre-school children
with disabilities and additional needs**

Topics will include:

- What is meant by term resilience
- Why it matters
- Factors that contribute to resilience
- Thinking and planning ahead
- Coping behaviours and responses
- Building strengths and strategies
- Activities to develop resilience
- Building & accessing support networks

Starts Monday 18th September

5 weeks

12:30–14:30

ref: W10025B01HG

Wallington Centre

FREE

held in conjunction with Sutton Portage



For more information & to enrol search 'resilience' on www.suttoncollege.ac.uk