

▶ A two-part class for anyone who has an interest in increasing the resilience of children and youth including parents, caregivers, teachers and school staff, and helping professionals who work with parents.

Fostering Resilience

in Children and Youth

in Stressful Times

All children and youth encounter stress of varying degrees as they grow. Adults can help kids build coping skills and resilience to bounce back from stress, adversity, failure, challenges, and trauma. We invite you to join us and learn more in this two-part class.

April 6, 2021 → 5:00 - 6:15pm

Fostering Resilience in Children and Youth in Stressful Times

In this workshop, participants will acquire a better understanding of the importance of building resilience in children. Resilience is not something that kids either have or don't have – it's a skill that they develop as they grow. Resilient kids don't fear falling short of expectations -- they are curious and trusting of their instincts and know their limits and push themselves to step outside their comfort zones. This helps them reach for long-term goals and solve problems independently.

April 20, 2021 → 5:00 - 6:15pm

Building Resilience in Children and Youth – Strategies to Strengthen Your Kids

Building resilience in children and youth encourages focusing on natural strengths, fostering hope and optimism, avoiding risky behaviors and improving self-esteem and self-perception. In this workshop, Stacey will focus on specific resilience skills needed for bouncing back from adversity – and how to build them in children and youth.



Meet our Facilitator
Stacey Jackson

Stacey Jackson has worked for the Siskiyou County Probation Department for 20 years and is currently a Supervising Probation Officer in the Juvenile Unit. She has a heart for youth, families, and the community. Stacey is a trained facilitator who has extensive professional experience in, and is passionate about, educating others in ways to nurture resiliency and help adapt successfully to adversities and challenges.

Register at:

<https://tinyurl.com/y4ab2yuu>

LIVE via ZOOM

No charge to participants.
Questions? (530) 598-3905

