

# PARENT EDUCATION AND REFLECTION (P.E.A.R.) GROUP

For Caregivers of Children & Youth in Grades 5 – 8

## RESILIENCY IN THE FACE OF STRESS & ANXIETY



This **FREE** parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. This is a key skill for both caregivers and their children to develop, and can support overall family wellness.

In these sessions, caregivers will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support.

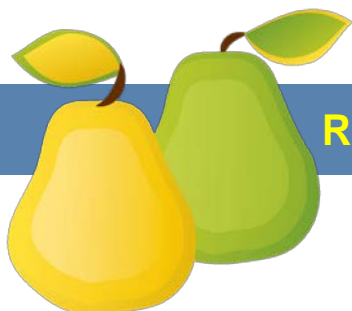
**Your child/youth is invited to sessions 2, 4, and 7.**

**All class participants must register for the course prior to attending.**

Session		Topic	Spring 2020	Time
#1	I HAVE	Resilient Relationships	April 14	5:30 – 8:00 PM
#2			April 21	
#3		Supportive Environments	April 28	
#4	I CAN	Regulate my Response to Stress	May 5	5:30 – 7:30 PM
#5		Solve Problems	May 12	
#6	I AM	Optimistic in my Thinking	May 19	
#7		Compassionate, Kind & Grateful	May 26	5:30 – 8:00 PM

**Location: Christ the King School, 180 McConachie Dr NW, Edmonton, AB**

For more information, contact [cyfcaregivereducation@ahs.ca](mailto:cyfcaregivereducation@ahs.ca) or 780-342-6885



Register at [www.cyfcaregivereducation.ca/pear/resiliency](http://www.cyfcaregivereducation.ca/pear/resiliency)

