



Bounce Back & Thrive!^{OM} (BBT) is a resiliency skills training programme designed to meet the needs of parents (and those in a parenting role) of children under the age of 8.

BBT helps parents navigate everyday stress and challenge and role model these skills in daily interactions with their children helping them and their children to bounce back and thrive. BBT was designed as an adaptation of **Reaching IN...Reaching OUT^{OM} (RIRO)** Resiliency Skills Training Programme for child care and early learning staff and service providers.

Sessions are FREE but Registration is Required.

Online:

Wednesdays, Apr 5 - Jun 7

7:30 - 9:30 pm

Zoom link to be provided

In Person:

Thursdays, Apr 6 - Jun 8

10:00 am - 12:00 noon

Knox United Church, 777

Muskoka Rd 10, Port Sydney

Free childcare is available

Register using the QR Code or visit www.muskokafamilyfocus.ca
or call: 705-645-3027



Alternate formats available upon request.



^{OM} Official Mark of The Corporation of the County of Wellington

www.wellington.ca/riro

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