

York Region Public Health offers a free program for parents and caregivers with children between one to eight years of age



Bounce Back & Thrive!

This ten week resiliency skills training is led by Public Health Nurses (RNs) at locations throughout York Region

You will learn skills:

- To help you and your children “bounce back” from everyday stresses and hard times
- To relieve stress and calmly solve problems and conflicts
- To help your children handle disappointment, anger and frustration
- To help your children feel good about themselves, confident and hopeful about the future

When: _____

Where: _____

To Register: _____

For more information about Bounce Back & Thrive! contact York Region Health Connection at **1-800-361-5653**, TTY **1-866-252-9933** or email us at HC@york.ca.



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Community and Health Services
Public Health



York Region Health Connection

www.york.ca

