



## An Invitation for Parents from the Muskoka Triple P Network

### Ideas for Parents of Children Aged 2 - 12

### Raising Resilient Children

*Teach your children emotional regulation skills by helping them to recognize and accept feelings, express their feelings appropriately, build positive feelings, deal with negative feelings, develop coping skills, and deal with upsetting or stressful life events.*

**Friday May 26<sup>th</sup>**

**10:00 am - 12:00 noon**

**St. Thomas Church, Bracebridge OEYC**

***Please register for the seminar and/or childcare online using the QR Code or visit:  
[www.muskokafamilyfocus.com](http://www.muskokafamilyfocus.com)  
or call (705) 645-3027***



**Free Transportation may be available by calling Ginny or Amy at (705) 645-3027, ext 202**



Simcoe Muskoka  
**Family Connexions**  
**Connexions Familiales**  
de Simcoe Muskoka

