



## The 7 C's of Resiliency in Kids

### Looking for tools to help increase resiliency in your military child?

Join Certified Counselor and Family Therapist, Francine Ronis, to discuss the **7 C's of Resiliency in Kids**. Learn about these well researched set of qualities that resilient children possess, and how you can foster those qualities in your own child.

This military lifestyle brings children all sorts of challenges – let Francine help you build a strong, resilient foundation for your child!

**When:** Thursday, April 12

**Time:** 2pm ET, 1pm CT, 12pm MT, 11am PT, 10am AK, 8am HI

**Where:** Join from the comfort of your home computer!

#### STEPS TO JOIN:

**[CLICK HERE TO REGISTER](#)**

- \* Fill out the requested information on the registration page. (this information is not shared)
- \* Once you have registered, you will be sent an email with a link and instructions for joining the live session on April 12th. **Save this email!**
- \* When you join the session, follow the instructions for logging into the audio using your computer and not the phone. Please join 10 minutes early to test your audio connection.
- \* **You cannot join a WebEx Session from a DWAN computer.**
- \* For more information contact: [mfs.virtual@cfmws.com](mailto:mfs.virtual@cfmws.com)

#### About Francine Ronis, Licensed Professional Counselor, Parent Coach/Consultant, Mindfulness Trainer

I have been a child and family therapist and Parent Coach in the metro DC area since 2000. For the ten years prior, I was a teacher, preschool director, child advocate and consultant. I have Master's Degrees in Counseling, and Early Childhood Education. I am licensed by the Virginia Board of Counseling. I specialize in helping families live more joyful lives by facilitating parenting classes, and meeting one on one with parents and families. My unique approach to parenting involves the whole family and focuses on the positives, enhancing relationships, and developing bonds that keep kids connected to their parents through tough times. I use a model that facilitates behavioral and emotional changes that enrich childhood and the family experience as well as introducing practical real life skills to enhance daily life. My work with schools helps create a cooperative environment where students are active in their learning and teachers can be present and collaborative with their students. The Mindful Student program works with students, teachers, parents and administrators to help combat the stress and pressure that students face today both in and out of the classroom. I coach parents on Mindful Parenting, Positive Discipline, Meditation, and Attachment Parenting and more. I teach adults and children Mindfulness, and offer workshops in schools, churches, PTA's, mothers' groups and for professionals.