



ROOTS OF RESILIENCE

FAMILY CENTERED WELLNESS EVENT

KICK-OFF NIGHT!



Friday, October 16th, 2026
5:30pm-7:00pm



Boyne City High School
1035 Boyne Ave. Boyne City, Mi

A free, welcoming event for parents, caregivers, and families to connect, unwind, and learn.

WHAT TO EXPECT



DINNER

Enjoy a shared meal and slow down with other parents and caregivers.



ON-SITE CHILDCARE AVAILABLE

Give yourself space to connect and collaborate while your children engage in on-site activities!



COMMUNITY VENDORS

Learn more about local wellness resources, services and organizations, talk to real people and learn about many other opportunities in our area.



CONNECTION & CONVERSATION

A welcome space to talk, share ideas, ask questions, and connect with others.



GIVEAWAYS & DOOR PRIZES

Enjoy giveaways and door prizes throughout the evening!



MAKE A PLAN

Learn more about the class and workshop offerings happening Saturday, and use our tools to help plan for incorporating wellness into your family's routine, however that may look!

Saturday Preview

SATURDAY, OCTOBER 17TH

Choose from hands-on classes, workshops, and caregiver connection opportunities focused on all things connection, parenting, relationships, and more. Offerings include topics such as understanding your child's temperament, mental wellness, trusted adults, body safety, resilience after hard times, caregiver connection, self-care and relationships, and healthy habits. Class times the full schedule are subject to change. Updates can be found on the website or our facebook page.

REGISTER NOW!

Registration is not required to attend, but is highly recommended!



SCAN ME



rootsofresiliencemi.org



Questions? Contact:

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