

Helping Kids Rise: Tools for Building Resilience Parent Cafe

There will be a door prize drawing at the end of the café, plus a chance to be entered into a larger quarterly drawing for a family pass (such as a zoo membership)!



REGISTER NOW

 712-355-2615

 <https://www.childandfamilyresourcenetwork.org>

You Will Learn:

- To define resilience
- About resilience tools
- To strengthen your child's ability to bounce back from challenges



**To be eligible for the quarterly drawing, you must live in the Thriving Families Alliance service area, which includes the following counties: Harrison, Monona, Shelby, Cass, Montgomery, Mills, Fremont, Page, and Pottawattamie.