

The Georgia Center for Resources and Support *presents*

Building Resiliency in Children



Lynne Watts, Ed.S.

Virtual Training

****Please make sure to register all participants separately**

****Note only 50 participants can be added to this training**

[Click Here to Register](#)

Date: Tuesday, March 23rd

Time: 12:00 PM to 1:00 PM

Description:

Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow. A resilient child is one who is able to manage their emotions when they face adversity. This training will give participants tips on how to support their child while helping them become more resilient.



For further information contact: Leslie Anderson, Resource Advisor: leslie.anderson@gacrs.org or 706-564-2633 □ Visit our website: www.gacrs.org