

Children's Board Family Resource Centers in Brandon

Raising Resilient Children

From Positive Parenting Partnership

AROUND THE CENTER



Date: April 29, 2017

Time: 10:00am to 12:30pm

You must register for this workshop by April 14th. Please call 813-740-4634

Children's Board Family Resource Centers in Brandon

Managed by Children's Home Network
**1271 Kingsway Road
Brandon, Florida 33510**

Hours: Monday—Thursday: 9am to 6pm
Friday & Saturday: 9am to 1pm

This program is from Champion for Children's Positive Parenting Partnership (Triple P).

These services are available to all eligible persons, regardless of race, gender, age disability, or religion. Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FM0088-01-00. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

During this seminar, parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. Topics include:

1. Recognizing and accepting feelings
2. Expressing feelings appropriately
3. Building a positive outlook
4. Developing coping skills
5. Dealing with negative feelings
6. Dealing with stressful life events

Childcare and refreshments are provided (register for childcare and seminar by April 14th.)



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org

FAMILY
RESOURCE CENTERS

Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County and administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.

All programs and services are at no charge to families and individuals.

www.familysupporthc.org

