



JOIN US! MARCH 6TH OR MARCH 10TH

LEARN HOW TO BUILD RESILIENCE IN YOUR FAMILY!

On behalf of Children's Health Foundation and your pediatric practice, you're invited to participate in a FREE event that teaches easy ways to build resilience in your family.

This program was developed by child psychologist Dr. Amy Stoeber and a team of local pediatricians.

Two separate training dates/locations are offered (childcare will not be offered at either event):

Tuesday, March 6th from 6pm-9pm at Providence Portland Cancer Amphitheater located at 4805 NE Glisan St. Portland, OR 97213

** Light refreshments will be served*

Saturday, March 10th from 9am-12pm at The Oregon Medical Education Foundation Conference Center located at 11740 SW 68th Parkway, Portland, OR 97223

** Continental breakfast will be served*

**Sign up to attend at
resilientfamily.eventbrite.com
or call (503) 241-2385**

**STRENGTHEN
FAMILIES AND
IMPROVE
RELATIONSHIPS**

**PRACTICAL
PARENTING
TOOLS AND
RESOURCES**

**SIGN UP TO
ATTEND THIS
FREE EVENT BY
FRIDAY,
FEBRUARY 23RD**

Sponsored by:



WHY SHOULD I ATTEND THIS TRAINING?

Resilience is the ability to face challenges, manage or overcome those challenges, and to be strengthened rather than defeated, in the process. This training provides the tools that families need to optimize their resilience and overcome adversity throughout life.

Resilience has been proven to:

- Reduce anxiety and depression
- Improve optimism, meaningful relationships, and school performance



Resilience builds stronger children, stronger families, and stronger communities!

WHAT WILL I LEARN?

- An overview of the impact of trauma and stress
- The factors and behaviors that promote resilience in children and families
- Parenting tools and strategies that teach children and families resilience
- Self-care for families