bounce forward

Thrive in life.
Start with resilience.

RAISING RESILIENCE

Helping Children Thrive at Home

A six-session, on-line course for parents

The coronavirus has brought uncertainty, instability from all angles, questions from children that seem impossible to answer, personal worry about work, finances, and much more. Who thought we would ever be faced with something so unprecedented as Covid-19, but that is where we are.

There is an immediate need to preserve wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help all parents cope with the uncertainty and thrive.

The sessions provide the science of resilience. How to build it for yourself and you will receive practical learning materials for children aged 9 and above that can be built into the home school day to help your children develop the mental muscle, gain perspective and thrive through this difficult time.

“So useful to have tangible, written down, step by step guidelines to follow!”

Fully funded by Oldham Council

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