

# Feeling Stressed?

You can “bounce back” from hard times...



## Join **B**ounce **B**ack & **T**hrive!

a skills training course for parents  
with young children

### Learn how to:

- relieve your stress
- calmly solve problems and conflict
- help your children handle worries, disappointment, frustration & anger
- help your children feel confident and hopeful about the future



To register call: Audra (519) 445-0230 ext 4239

Wednesday September 22, 2021- November 24, 2021 5pm-7pm



Six Nations of the Grand River  
Child and Family Services

Location: Six Nations Child and  
Family Services



Following Covid-19 Public Health  
Protocols will be required