

# Raising RESILIENT CHILDREN



*for every parent*



**Tuesday, April 20, 2017**

**6:30 - 8:00 p.m.**

Hosted by Licking County Family YMCA  
John and Christine Warner Family Center  
470 West Church Street, Newark, OH

**The Licking County Family YMCA will provide:**

- **Food and beverages**
- **Free gift card raffle**
- **Free childcare for ages 7 and under**  
(Must be registered by April 14 to take advantage of the free childcare service.)

Please register by April 14 by calling **(740) 522-1234, ext. 22**, or email at **TriplePseminar@hotmail.com**. Include the number of people attending as well as the ages of the children who will require childcare.

**Raising Resilient Children** is a **Triple P** seminar that helps lower the stress of parenting by equipping parents with skills to:

- Help their children manage stressful life events
- Help their children develop life skills to manage emotions
- Help their children to cope with feelings

**Triple P** is a researched based, internationally recognized, multilevel parent support program funded by Licking Memorial Health Systems and supported by Mental Health and Recovery of Licking and Knox Counties and Our Futures in Licking County.

96 percent of parents who have tried some of the **Triple P** strategies have seen an improvement in their child's behavior!

