

RESILIENCY FOR WORKING PARENTS



DESCRIPTION:

Today's working parent needs to build resiliency in order to **prevent burnout**.

In this **one-hour virtual class**, you will be given the tools to manage stress while maintaining a sense of **work and family life balance**.



REGISTER NOW:



December 6, 2023



6:00 – 7:00 p.m.



https://resiliency_for_working_parents.eventbrite.ca

OBJECTIVES:

Topics covered in this seminar include:

- What is Resilience?
- Mindset
- Brief History of Parenting
- What Kind of Parent Are You?
- Addressing Expectations
- Components of Resilience
- Avoiding Burnout
- Maintaining Balance

 **TELUS** Health
formerly LifeWorks

District of Nipissing
Social Services
Administration Board



Conseil d'administration
des services sociaux
du district de Nipissing