



RAISING RESILIENT CHILDREN

presented by...

Children's Hospital of Wisconsin
Primary Care



Date: Wednesday, April 11
Time: 6:00 - 7:30 pm
Location: Ronald Reagan Elementary, 4225 S. Calhoun Rd, New Berlin
Fee: FREE...Plus...Free childcare will be provided!

Learn about six of the core building blocks to help children manage their feelings and become resilient in dealing with life stress.

These competencies are:

- Recognizing and accepting feelings
- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Dealing with stressful life events



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(pediatric nurse practitioner at Southwest Pediatrics)

Please register for planning purposes by accessing registration form using URL or QR code below.

<https://goo.gl/forms/Ewxs1g3yp1dY10p23>

