

 **Mind** North Kent

**B.R.A.V.E Service!**

Building Resilience and Validating Emotions

# Building Resilience in Children & Young People (CYP)!

A Free Online Workshop for Parents/Carers



**Are you ready to...**

- **Understand what resilience is?**
- **Learn practical ways to build resilience at home with CYP?**
- **Be able to embed resilient approaches in everyday life?**

Join us in a safe and supportive space on one of the below dates to discover how building resilience can be your greatest asset!

**Friday 14th March 11-12 PM**

To find out more or, sign up to a workshop, please scan the QR code or contact our team at:

**[braveservice@northkentmind.co.uk](mailto:braveservice@northkentmind.co.uk)**



**We're here to fight for mental health.**

**For support. For respect. For you.**

The Almshouses | 20 West Hill, Dartford | DA1 2EP

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<https://northkentmind.co.uk>

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