

RESILIENCE IN KIDS



Resilience is the ability to recover from or adjust easily to misfortune or change.

Merriam Webster

The ability to bounce back or recover is important, but it's not the whole picture. A **resilient child** recovers from challenges, but they've learned to **do more** than that.

www.psychologytoday.com

Mental Health Week – FREE Film & Discussion

Tuesday, May 7, 2019 at 7pm *Doors Open 6:30pm*

Panel discussion with:

Jamie Agtarap, Parent in Residence
Family Smart

Marie Ratcliffe, District Administrator
School District No. 38

Jackie Bendell, Mental Health
Clinician, Alternative School Programs
Child and Adolescent Program, VCH

Ralph Fisher Auditorium
Richmond Hospital
7000 Westminster Hwy

*Free parking limited to the gravel lot
accessed from Westminster Hwy.*

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

Karen Young www.heysigmund.com

**Attend to learn ways to build
resiliency in children for improved
mental wellness.**

For more information contact:
Barbara.fee@pathwaysclubhouse.com

Organized by: Pathways Clubhouse; Vancouver Coastal Health – Richmond Mental Health and Substance Use Program and Family Advisory Committee ; Richmond Mental Health Consumer and Friends Society, and VCH Community Engagement

We gratefully acknowledge support from the Rotary Club of Richmond Sunrise and the Richmond District Parents Association