



Learn positive
parenting
strategies

JOIN US! MAY 14 & MAY 21 6-7:30PM

DEEANN ALBAUGH WILL BE YOUR PRESENTER

**LEARN HOW TO BUILD RESILIENCE
IN YOUR FAMILY!**

On behalf of Tigard Turns the Tide and Tigard Tualatin School District, you're invited to participate in a FREE event that teaches easy ways to build resilience in your family.

This program was developed by child psychologist Dr. Amy Stoeber and a team of local pediatricians.

The presentation will be held at:

Templeton Elementary Library

** Light refreshments will be served and childcare will be provided*

**Please attend both sessions, we will cover different strategies in session*

Strengthen your
family

Improve
relationships

To reserve your spot email me at dalbaugh@ttsd.k12.or.us
or call (503) 431-4881

Please indicate if you need translation services and or
childcare

(Mrs. Albaugh's classroom line, leave a message)

WHY SHOULD I ATTEND THIS TRAINING?

Resilience is the ability to face challenges, manage or overcome those challenges, and to be strengthened rather than defeated, in the process. This training provides the tools that families need to optimize their resilience and overcome adversity throughout life.

Resilience has been proven to:

- Reduce anxiety and depression
- Improve optimism, meaningful relationships, and school performance



Resilience builds stronger children, stronger families, and stronger communities!

WHAT WILL I LEARN?

- An overview of the impact of trauma and stress
- The factors and behaviors that promote resilience in children and families
- Parenting tools and strategies that teach children and families resilience
- Self-care for families