

# Raising Riley Invites YOU!

To all adults caring for young children,  
let's talk about YOUR resilience



## Why?

The critical connection between children's resilience and the health and wellness of the adults in those children's lives cannot be underestimated.

This workshop is designed to meet you where you are and help you focus on your own health, happiness and overall well-being. Together, we will learn about resilience and how important it is that you learn to promote your social-emotional health; how your social and emotional well-being can impact the children and families you serve, in both positive and negative ways; and specific, simple and inexpensive strategies to reduce stress and promote your social-emotional health. The Devereux Adult Resilience Survey (DARS), a self-reflective tool, will be shared to help you gain insights into your resilience. Participants are sure to leave this workshop with energy, enthusiasm, and a commitment to make a few positive changes that will lead to greater happiness, fulfillment, and that will undoubtedly resonate in the work you do every day with children, families, teams and communities!

<b>Who?</b>	Caregivers of Young Children
<b>What?</b>	Building Your Bounce: Promoting Adult Resilience Workshop
<b>When?</b>	Saturdays <u>April 19th, 26th</u> @ 9-12:30 PM
<b>Where?</b>	<b><u>ONLINE</u></b> : Zoom link and login information emailed each week of class
<b>How?</b>	Contact Beth Mills – (785) 776-4779 ext. 7641 or <a href="mailto:emills@rileycountyks.gov">emills@rileycountyks.gov</a>
<b>Extra:</b>	Handouts and other materials emailed each week of class