

VIRTUAL FAMILY LITERACY WORKSHOPS

TOOLS FOR BUILDING RESILIENCE AND EMOTIONAL INTELLIGENCE:

Raising Strong Hearts:
Nurturing Resilience and Emotional Smarts



Help your child thrive through adversity. Learn strategies to develop your child's resilience, self-regulation, and emotional intelligence. Through practical exercises and real-life examples, you'll walk away with tools to empower your child to manage emotions, solve problems, and grow with confidence.

**TUESDAY,
JANUARY 20,**
— 2 0 2 6 —

6:00PM–7:00PM

CLICK HERE TO JOIN



Professor A.I.

