



Child and Family Centre

Bounce Back & Thrive

Parenting Program - recommended for families with children 18 months and older

Bounce Back & Thrive! is a 10-week evolving evidence-based resiliency skills training program for parents with young children. BBT skills help parents help their children build the resilience necessary to handle life's inevitable bumps in the road and make use of opportunities to grow and learn.

Part 1 focuses on enhancing parents' capacity to provide a caring relationship and role model skills that build resilience in their daily interactions with their children. Part 2 helps parents apply behavior guidance and resiliency-building strategies directly with their children.

Bounce Back & Thrive! is an interactive program delivered through information exchange, hands-on activities, video clips of parents and children demonstrating resilience-building strategies, discussion and skills practice.

