

# The Children's Center Proudly Presents a coffee talk

## *Raising Resilient Children*



Please join us:

- Wednesday, Nov. 15th
- 9:00am - 10:30am
- In the Redwood Room
- Coffee and Treats will be served.

John Anning from the Center for Children and Youth will share key parenting tips on how to raise happy, emotionally strong and RESILIENT children. Learn the key ingredients for helping children bounce back from challenges and adversity. (We will hear how to encourage your child to make friendships that will help them maintain a healthy and supportive life balance.)

Kindly RSVP at [Brynstuebner@laumc.org](mailto:Brynstuebner@laumc.org) to let us know that you are attending (we want to be sure we have enough chairs and coffee). 😊 All are welcome! Invite your friends and family.



*Let's work together to help all children thrive!*

