



MSU Extension Presents:

Online - Extension Professional Trainings: The Resilience Toolbox

Prolonged or intense stress can have lasting negative impacts in the development of young children. Children with resilience are better able to manage this stress and work towards healthy and successful outcomes. Stocking up your resilience toolbox empowers you to help children learn to manage the stressors in their lives and give them the skills, tools, and know-how to deal with whatever life throws at them. This workshop will help participants learn about resilience and its importance, understand how stress affects children, learn protective factors to support resiliency, and identify specific strategies to build resilience in children.

Each participant needs to be registered individually.

Class Details	
Date(s)	10/21/2021
Time	7:00-8:30 PM
Location	Download Zoom: https://zoom.us/download
Cost	Free! This training is free and open to all.
Registration	Register at: https://msu.zoom.us/webinar/register/WN_EZwalNU8T7C3kXQvQLdK_A *After registering, you will receive a confirmation email containing information about joining the meeting.
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