



**bounce  
forward**

*Thrive in life.  
Start with resilience.*



## **BUILDING RESILIENCE with MILITARY FAMILIES**

**A six-session course with resources to use at home**

We are more than military spouses, parents, children we are human beings and who we are matters. Mental fitness is as important as physical fitness and advances in neuroscience mean we understand so much more about how to look after ourselves psychologically.

There is an immediate need to preserve childrens' wellbeing and build resilience. This course has been designed to support armed forces families to develop the skills, knowledge and strategies taken from the science of resilience.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to model and support their children to learn how to deal with uncertainty and develop resilient competencies that are useful for life.

“ So useful to have tangible, written down, step by step guidelines to follow!

”

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