



STRENGTHENING FAMILIES

through the **PROTECTIVE FACTORS**

Introduction to the Protective Factors and Protective Factor: Parental Resilience

Presented by Michelle Simmons

Tuesday, August 4th

8:00 am - 12:00 pm

FUSD Family Resource Center, 4000 N. Cummings St., Flagstaff, AZ 86004

Strengthening Families™ is a research-based approach to working with families in a way that develops and enhances their strengths. It is based on engaging families, programs and communities in building five protective factors: Parental resilience; Social connections; Knowledge of parenting and child development; Concrete support in times of need; and Social and emotional competence of children.

Through the **introductory training**, participants will learn an overview of the five Protective Factors, understand what it means to work with families in a strength-based way, and be able to identify strategies to help families cultivate protective factors.

Parental Resilience training participants will learn to define and recognize signs of parental resilience, identify actions they can take to help parents build their resilience, and provide examples of program efforts that value and support parents. All are welcome.

SNACKS WILL BE SERVED

Please register for this free course by emailing:

msimmons@nchcaz.org

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