



STRENGTHENING FAMILIES

through the **PROTECTIVE FACTORS**

Introduction to the Protective Factors, Social Connections, Concrete Support in Times of Need & Parental Resilience

Presented by Michelle Simmons

Thursday, August 26th

9:00 am - 2:00 pm

LUNCH WILL BE SERVED

North Country HealthCare Community Room, 2920 N . 4th St., Flagstaff, AZ

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.

This training will delve into the **Social Connections** protective factor. Participants will learn to understand the value of helping parents and families connect to others, discuss ways to help parents make these connections, and create concrete plans for facilitating more connection in their communities.

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.

This training will delve into the **Concrete Support in Times of Need** protective factor. Participants will discuss examples of how to provide welcoming, non-judgmental support to families, brainstorm ways to better connect families to resources, and learn to recognize the early signs of child maltreatment.

Please register for this free course by emailing:

msimmons@nchcaz.org



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