

# RESILIENCY SKILLS TRAINING

## *STRATEGIC PERSONAL RESILIENCY FOR KIDS (SPRK)*

*THIS TRAINING PROGRAM IS FOR PARENTS, GRANDPARENTS, AND CAREGIVERS. IT PROVIDES A COMPLETE, EASY TO USE CURRICULUM THAT CAN HELP ADULTS TEACH COURAGE, STRENGTH AND RESILIENCE TO THE CHILDREN IN THEIR CARE.*

**CLASSES BEGIN SEPTEMBER 22, 2016**

**FOUR WEEKS, 5:30—7:00 P.M.**

**SCHOLARSHIPS ARE AVAILABLE FOR THE FIRST  
12 PARTICIPANTS**

### ***THE SPRK PROGRAM PROVIDES . . .***

- *A CURRICULUM THAT STIMULATES RESILIENT BEHAVIOR IN CHILDREN*
- *LEARNING THROUGH A ONE-ONE-ONE RELATIONSHIP WITH A TRUSTED ADULT*
- *POWERFUL MESSAGES THAT PROMOTE INHERENT STRENGTHS, SELF-DISCOVERY, POSITIVE EXPECTATIONS, COURAGE THINKING, AND PHYSICAL WELLNESS*
- *DIRECTING CHILDREN'S AWARENESS OF LOVE, BELONGING, AND PURPOSE*
- *DEVELOPING HARDINESS AND CREATING EMPOWERMENT*

*YOU MAY BE REFERRED BY YOUR THERAPIST OR BY CALLING YVETTE OR JULIE AT 801-261-3500*