



# Raising Resilience

BUILDING CONFIDENCE AND EMOTIONAL  
RESILIENCE IN CHILDREN AND YOUNG PEOPLE



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Clinical Psychologist

Kate and Sarah, Clinical Psychologists, from Raising Resilience are pleased to offer a series of webinars via zoom and free of charge during these unprecedented times in our efforts to help parents cope and help their children during COVID-19. Aimed at parents/carers of primary aged children but ideas may be helpful for older children.



**Event: Emotion Coaching and COVID-19**

**Date: Tuesday 12<sup>th</sup> May at 3.30 (40-minute session)**

**Details:** This webinar introduces parents to Emotion Coaching, a well-established set of steps to help you and your child understand and cope with big feelings whilst promoting warmth and connection.



**Event: Calm Parenting during COVID-19**

**Date: Tuesday 19<sup>th</sup> May at 3.30 (40-minute session)**

**Details:** Parents and carers have had to face so, so many stressors during COVID-19 whilst also looking after their children's emotional & physical well-being and schooling. This masterclass offers parents invaluable practical tips to stay calm and cope during COVID-19.



**Event: Going Back to School and COVID-19**

**Date: Tuesday 26<sup>th</sup> May at 3.30 (40-minute session)**

**Details:** This webinar gives parents/ carers practical ways to help children re-adjust to school and manage the many and understandable fears they may have following weeks of social distancing.

**For more details and to book your place please visit**

**<https://raisingresilience.eventbrite.co.uk>**

**Please note that spaces are limited to 100 and webinars are running very soon so please book asap.**

**We are so looking forward to sharing our ideas with you.**

Find out more at [www.raisingresilience.co.uk](http://www.raisingresilience.co.uk) or follow us on Facebook @RaisingResilienceUK or Twitter @RResilienceUK