



# Parent Night with Dr. Jen Forristal

N.D, Founder of The Umbrella Project

Parents play a very important role in helping their children develop the skills they need to navigate life's uncertainties.

The Umbrella Project is dedicated to helping you and your children learn these skills of emotional wellbeing in a fun, easy to implement way in order to help your family thrive in all of life's weather.

## Resurrection CSS

Tuesday, May 3rd, 2022 7:30-8:30 pm

Parenting to Build Resilient Children

*In this workshop, Dr. Jen will provide five simple steps to build and sustain strong and resilient children. This will include strategies and activities to further enhance a child's understanding of their coping skills and how to put them to practice. These methods will specifically consider the unpredictable and challenging nature of our current environment.*

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This parent night will be hosted virtually on Microsoft Teams.

Registration is required.

<https://forms.gle/9uXy5aJd4SqCaC8F6>