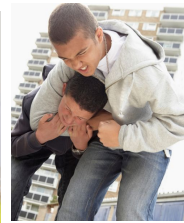




Looking to reduce your family's stress and restore a sense of inner wellbeing in this time?



**Join our We Are Resilient™
Parent/Caregivers Learning Circle!**

Learn how to center your family **by centering yourself.**

Through virtual small group exercises, examine your protective patterns and practice simple, effective, research-based **centering** skills.

Six weekly sessions on Zoom

Wednesdays, starting June 23, 7:00 pm PT, 10 pm ET

Each group is limited to 15 participants. All sessions are recorded and sent to participants.

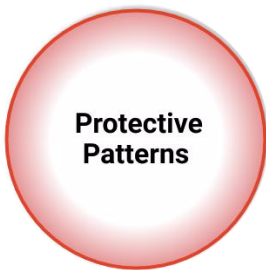
We Are Resilient™ helps us move...

from **Protective Patterns**

- Distrusting
- Hypervigilance
- Avoiding
- Hyper-Caretaking
- Attacking

to **Centering Myself**

- Creates balance
- Calms using mindful breathing
- Restores inner wellbeing
- Relieves stress and anxiety
- Reduces negative thoughts
- Focuses on the present
- Helps us achieve personal goals



Session Content



- Session 1
 - Introductions
 - We Are Resilient™ overview
 - Identify the protective patterns we use
- Session 2
 - Check in and protective patterns reflection
 - Introduce Centering Skills
 - Explore **Noticing Myself** and **Breathing Mindfully** through experiential activity
 - Provide practices to strengthen the two skills
- Session 3
 - Check in and protective pattern reflection / Centering Skills practice reflection
 - Explore **Letting Go** and **Finding Gratitude** through experiential activity
 - Provide practices to strengthen the two skills
- Session 4
 - Check in and protective pattern reflection / Centering Skills practice reflection
 - Explore **Nurturing Myself** and **Positive Reframing** through experiential activity
 - Provide practices to strengthen the two skills
- Session 5
 - Check in and protective pattern reflection / Centering Skills practice reflection
 - Workshop protective patterns and relationship to Centering Skills
 - Provide Reflective Activity
- Session 6
 - Check in and protective pattern reflection / Centering Skills practice reflection
 - Reflection and Sharing
 - What's Next: Connecting and Collaborating

We Are Resilient™ gives parents, caregivers, and families the skills of
Centering, Connecting, and Collaborating

Centering Myself	Connecting With Others	Collaborating Together
<ul style="list-style-type: none"> • Creates balance • Calms using mindful breathing • Restores inner wellbeing • Relieves stress and anxiety • Reduces negative thoughts • Focuses on the present • Helps us achieve personal goals 	<ul style="list-style-type: none"> • Empowers through kindness • Creates safety, trust, and belonging • Builds empathy and understanding • Reduces blame, judgment, and bias • Encourages equity • Helps us feel seen, heard, and valued 	<ul style="list-style-type: none"> • Fosters leadership • Helps align to shared purpose and common goals • Encourages healthy boundaries • Honors the contributions of all • Supports accountability • Promotes integrity