

# Raising Resilient Children

*Free Virtual Parenting Seminar*

**FOR  
EVERY  
PARENT...**

- WHO IS A DAUPHIN COUNTY RESIDENT WITH A CHILD AGE 12 OR YOUNGER
- LOOKING TO HELP THEIR CHILD(REN) LEARN HOW TO MANAGE THEIR EMOTIONS AND COPE WELL WITH DAY-TO-DAY STRESS AND MAJOR LIFE EVENTS

**TWO  
OPTIONS**

**Date & Time:** 11/16/2021  
from 5:00pm to 6:30pm

**Register:** 717.454.7543 or  
[pacounseling.com/triplep](http://pacounseling.com/triplep)

**Date & Time:** 11/30/2021  
from 10:00am to 11:30am

**Register:** 717.454.7543 or  
[pacounseling.com/triplep](http://pacounseling.com/triplep)