

FREE

VIA ZOOM

Resilience Training Sessions

BOOK TODAY

Limited spaces.
Secure your place
today to avoid
disappointment.

**FRIDAY 28
FEBRUARY 2025
10AM - 1PM**

BOOK NOW

Calling all members of the Waltham Forest community within social work, community work, healthcare, education, corporate, emergency services, early help directorate, and any individual who would like to develop resilience within their work with children.

TOPICS

- What is 'resilience'
- The science of resilience
- How we build resilience
- Social and emotional learning
- How we can apply this understanding in the context of your role

For more information contact:

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Waltham Forest