

# Parent Resilience

## Being Selfish is Good for You and Your Children

Brought to you by Devereux Advanced Behavioral Health and Healthy Minds Philly



Parenting is a tough job. Some days, it brings laughter and joy, and other days, it brings sadness and frustration. Children learn more from what you **do** versus what you **say**, so your resilience – the way you approach adversity – affects theirs. Part of building and modeling resilience for our children is practicing good self-care.

You deserve to be cared for, to reflect on what makes you happy, content and feeling your best ... and to pursue it! Please join Susan Damico, M.A., Director of the Devereux Center for Resilient Children, to learn how a few positive changes can lead to greater happiness, enjoyment and fulfillment.

**When:** Thursday, October 15, 2020 @ 6:00pm

**Where:** Wherever you are! This is a virtual presentation.

**Register:** [www.bookwhen.com/devereuxtraining](http://www.bookwhen.com/devereuxtraining) (select “Parent Resilience”)

A 30-minute presentation on fostering adult resilience will be followed by a 45-minute Q&A session, along with the opportunity to practice a little self-care, by taking a mental health screening with a clinician through a private breakout room. Mental health screenings are free, anonymous, brief, and will provide you with referral information for resources in your area. Get your “check-up from the neck-up” at [www.healthymindsphilly.org](http://www.healthymindsphilly.org), and give yourself and your loved ones the gift of self-care.

***Participants will receive free resilience resources!***

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