

**JOIN US!**

**Parenting Workshop:  
Raising Resilient Children**

**When:** Wednesday, February 24<sup>th</sup>  
**Time:** 7:30<sup>PM</sup> - 8:30<sup>PM</sup>

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The pandemic is having a profound effect on the mental health of our children. Despite these difficult circumstances and adversity, the children can grow up to be strong by learning how to be resilient. This workshop is designed to help parents/caregivers understand what it is that helps children grow up to be resilient. Participants will learn about risk and protective factors which influence resilience. The six major factors that help families build resilience will be defined and discussed. Participants will learn practical strategies for helping themselves and their children bounce back from whatever challenges they might encounter. Parents with children of any age are welcome to attend.

**ZOOM Meeting Details**

Meeting ID: 922 6097 0484

Passcode: 628123

One tap mobile

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**Presented by Cara Weiner Sultan B.S., M.S.W., Cornell Cooperative Extension**

Cara is currently a parent educator for the Family Health and Wellness Department of Cornell Cooperative of Suffolk County. Cara focuses on researching and developing educational programming, most recently related to coping with COVID. She is also a social worker for the Town of Southampton Youth Bureau, creating and implementing various youth development programs. Cara received her undergraduate degree in Human Development and Family Studies from Cornell University and her Master of Social Work from Boston University

