



# **Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child**

*Dr. Robert Brooks, Sam Goldstein*

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Counselors, social workers, parenting program directors, and other mental health professionals will find this nine-session curriculum and 70-minute companion video ideal for providing parents with strategies they can use to ensure that their children are emotionally prepared to cope with life's challenges. Based on the authors' best-selling book, the chapters in the manual and their corresponding video segments discuss the seven key guideposts to raising resilient children. In-class and at-home activities are also included to help parents recognize the crucial role they play in their children's emotional health. After completing the Raising Resilient Children curriculum, parents will be better prepared to accomplish their most important job--raising a confident, self-reliant child.

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