

# Raise Resilience London Parents - Helping Children Thrive Is More Important Than Ever

## Details

### Description

Raise Resilience has supported over 1,700 parents, up and down the country during lockdown, and now its refocused on helping you, help your children thrive as we take steps beyond our homes, and into the new phase of dealing with Covid-19.

Join six 1-hour sessions to explore and build your resilience and get learning materials for your children.

We love you to join the live sessions if you can, however if you are unable to, each session is recorded and available to watch on-demand.

Each course is 6 sessions. Choose date and time options and click the link below to register your place.

January 22nd, 29th and February 5th, 12th. 19th, 26th.

### Date

22 January 2021

### Start Time

10:30

### End Time

11:30

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## Costs

### Costs

Free

## Event Repeats

### Repeats

There are currently no upcoming scheduled repeats

## Venue Information

### Address 1

Online - Zoom

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