



Reaching IN – Reaching OUT

A resiliency-promotion project sponsored by

- The YMCA of Greater Toronto
- The University of Guelph
- George Brown College

Reaching IN...Reaching OUT (RIRO) is an evidence-based skills training program designed to **help adults help young children develop a resilient view about life's inevitable bumps in the road.**

This training uses a cognitive-behavioural and social problem-solving approach based on an adaptation of the world-renowned Penn Resilience Project (PRP) to prevent depression and promote resilience.

Research shows that children as young as two years begin to copy how adults in their lives think about and handle daily stress, frustrations, change and challenges. Once adults begin to use the skills in their own lives, **they become role models for children** by demonstrating resilience in everyday situations.

Part 1 introduces **adults to key resiliency research and skills** that promote a resilient perspective and flexible approach to handling conflict, problems and everyday challenges.

Part 2 helps adults **apply the resiliency skills directly with children** by:

- increasing their understanding of children's thinking and behaviour
- supporting children's development of seven critical abilities associated with resilience
- introducing child-friendly approaches using children's literature, puppets and resilience-building activities.

The Saskatchewan Prevention Institute is pleased to offer RIRO workshops for professionals throughout the province.

RIRO workshops are two days in length. The first day is required as a prerequisite for attending the second day.

Interested communities or organizations will be asked to cover trainer expenses (travel) as well as provide space and food (if applicable) for the workshop.

Who will benefit: teachers, early childhood educators, child protection workers, recreation leaders, child care providers, children's mental health workers, and others who work with children.

If interested, please contact Lee Hinton at (306) 665-1278.