

# Share & Care

## Parent Workshop

### Encouraging Your Child to Become Resilient

Share & Care invites parents/caregivers to join us as we discuss ways to help their children build resiliency.

#### Bilingual English and Spanish

**Date:** Thursday, September 7, 2023

**Time:** 9:00am - 10:00am

**Location:** Zoom

<https://cedars-sinai.zoom.us/j/97367000616?pwd=aWtxMlpOd2x4ait1eW1HeEpnU24zQT09>

Meeting ID: 973 6700 0616

Password: 689172

[Click to Join](#)

Join us as we discuss together:

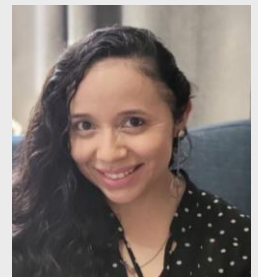
- Importance of resiliency
- Ways to build resiliency with your children
- Tips to communicate resiliency

**This event is FREE!**

Questions? Email Sara Brown at [sara.brown@cshs.org](mailto:sara.brown@cshs.org)



Suzanne Silverstein, MA, ATR



Iris Rojas Bertrand, LCSW

