



Livingston County Families *join our next Mental Health Series...*

Building Your Child's Confidence

Children are continuously trying to understand their place in the world and how they fit in with their family, their friends, and other relationships.

Course Created by:

Dr. Kevin Skinner, LMFT, CSAT, EMDR

Parents can play a big role in helping their children understand who they are. This session will teach parents strategies they can use to help their children develop a confident and healthy identity by covering:

- Habits & Patterns
- Developing traits of resiliency
- Developing a growth mindset
- Continuous opportunities for connection



February 8, 2024



6:30-7:30 PM via Zoom

or check your local district website for an onsite viewing location

Sponsored by

Livingston Sunrise
Rotary
Club



"Helping parents, help their kids"

SCAN or CLICK TO JOIN ANONYMOUSLY

<https://cookcenter.info/Feb8Livingston>



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