

The Northern Health Region provides more information on resiliency through:

Parenting presentations/seminars
such as:

- Triple P - Positive Parenting Program - groups/seminars

Mental Health/Illness education:

- Mental Health First Aid for Adults who interact with Youth
- ASIST - suicide intervention
- Teen Talk
- Safe Talk

FOR MORE INFORMATION ON INFORMATIONAL OPPORTUNITIES

CONTACT:

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Who to call when help is needed:

24 hour Crisis Phone Lines

Kids Help Phone.....1-800-668-6868

Crisis/Sexual Assault 24 hr line...888-292-7565

Domestic Violence Line.....1-877-977-0007

Klinik Community Health.....1-888-322-3019

MB Suicide Line1-877-435-7170

RCMP (Flin Flon)204-687-1422

Flin Flon General Hospital..... 204-687-7591

Day Support Phone Lines

NHR Community Mental Health Programs and
Intake Services.....204 687-1350

MB Farm & Rural Support Services

1-866-367-3276

AFM Northern Region Reception 204-627-8140

AFM Toll Free Line.....1-866-291-7774



**NORTHERN
HEALTH REGION**

RESILIENCY



Bouncing Back

Information for parents
on the resilience of
children

RESILIENCY - “BOUNCING BACK”

Resiliency:

A combination of skills and positive attributes that people gain from their life experiences and relationships.

These attributes help them solve problems, cope with challenges and bounce back from disappointments.

We can help our children develop attributes or “assets” that enable them to be resilient and will help them throughout their lives.



Information for brochure adapted from the booklet ***Kids Can Cope: Parenting Resilient Children at Home and at School***

Assets That Work Together:

• **Relationships and reaching out:**

strong parent–child relationships, social skills and self-confidence, the ability to ask for help, understanding of personal boundaries, belonging to communities and groups

• **Emotional skills:** positive self-esteem, ability to calm oneself, ability to talk about feelings, sense of humor, ability to distract oneself, ability to see hopeful side of problems and challenges, knowing how to act appropriately in various situations

• **Competence:** goal setting and planning, problem solving and reasoning skills, practical skills like being able to cook, clean, budget, fix things and find information, the ability to look after one self and be independent, assertiveness, perseverance, good judgment and critical thinking skills

• **Optimism:** confidence in one’s own skills and abilities, ability to judge risks, positive childhood experiences, supportive family and community, being generous and supportive of others

How Parents Build Resiliency in Children:

- Positive parent-child relationship
- Positive parent-child communication – listen, listen, listen and respect feelings
- Optimistic thinking – challenge negative thoughts, show a positive view, model optimistic thinking
- Dealing with stress – model positive coping strategies and provide skills and techniques that children can learn



Children and Adolescents have the ability to bounce back from adverse situations and illness. This is RESILIENCE