



FDLRS Parent Information Sessions

Empowering Families
Enriching Communication
Navigating Education



(813) 837-7732 (English)

(813) 837-7728 (Spanish)

fdlrparentservices@sdhc.k12.fl.us

<http://fdlrs.mysdhc.org>



BOUNCING BACK: *Staying Resilient during Life's Challenges*

May 23, 2019
10:30am -12:30pm

Life can be full of set-backs and challenges that test our spirit.

This workshop will give you an opportunity to assess your personal resiliency skills and create an action plan based on the ten practical methods for bouncing back when life gets tough.

LOCATION:

Hillsborough County Extension Service
UF/IFAS Extension Hillsborough County
5339 County Road 579
Seffner 33584

REGISTER ONLINE:

<http://bit.ly/052319a>

QUESTIONS:

fdlrparentservices@sdhc.k12.fl.us

or (813) 837-7732

Registration and resource tables open 30 minutes prior to program



Hillsborough County
PUBLIC SCHOOLS

Preparing Students for Life

Department of Exceptional Student Education