

A graphic of a spiral-bound notebook with a white page and a silver spiral binding at the top. The page contains text about resilience resources.

“Road of Life” Travel List

Outside Supports

- Caring Relationships
- Positive Role Models
- Community Supports

Inner Strengths

- Self-Control
- Thinking Skills
- Confidence
- Positive Outlook
- Responsibility & Participation

A resilience resource for parents from...

Reaching IN...Reaching OUT