



Promote Resilience – Become a RIRO Trainer

Reaching IN...Reaching OUT (RIRO) is an evidence-based **resiliency skills training program** for professionals and paraprofessionals. *It helps adults help young children* develop a resilient approach to handling life's inevitable stresses and challenges. RIRO's skills training also helps participants cope more effectively with work and life stresses and provides a framework to enhance their reflective practice. More information about RIRO can be found at: www.reachinginreachingout.com.

What does the trainers' program consist of?

RIRO's five-day "intensive" training program for trainers is the first stage of preparation for trainers to deliver the 12-hour **RIRO Resiliency Skills Training Program** (described above) in their own organizations and communities. Trainers will participate in an "advanced" version of RIRO's two-part skills training program and work with a comprehensive set of materials that will equip them to market and provide RIRO training and information sessions.

After the "intensive," participants will be prepared to deliver both parts of the RIRO Resiliency Skills Training (Adult Skills and Child Applications) as well as the Community and Parent Information Sessions. Ongoing support through email, telephone and website will be provided to participants.

RIRO's evidence-based model has been modularized providing trainers with the flexibility to adapt the delivery format to meet their community's needs. Both RIRO's adult skills and child applications training can be delivered in full-day, 2-half-day or shorter formats (for "lunch-time" or "after work" series).

Who should apply?

Experienced trainers who regularly offer professional development training to **professionals** working in sectors serving young children from birth to seven years are encouraged to apply. Trainers from the early learning and child care, mental health, child welfare, public health and education sectors will find this training especially relevant to their programs.

RIRO is currently piloting a resiliency training program and other resources with vulnerable parents of children birth to seven years. Beginning September 2012, these resources will be available to all authorized RIRO trainers to use with parents in their communities. Opportunities to pilot selected parent materials will also be available from April 2011 - March 2012.

What is the cost? Currently, the program fees are approximately \$875 to \$925 per person.* This includes five days of training and 6 months of follow-up support plus training manual, books and AV materials. A light breakfast and snacks are provided. (Other meals, transportation and accommodation are the responsibility of the applicant.)

** price may vary due to location and hosting costs*

How do I register? Please check RIRO's website for details about the trainer program including participant comments and to download a registration form (www.reachinginreachingout.com, click on "Become a Trainer" at the top right hand corner of the website, then click on the registration form for your session). For further information, please contact DARLENE HALL darlene@reachinginreachingout.com or call 416-972-9894.