

## ANNOUNCEMENT



### NEW RIRO PROJECT to HELP PARENTS

**Reaching IN...Reaching OUT** and its sponsor, the Child & Family Partnership<sup>1</sup>, have been awarded three-year project funding from the Government of Canada's Social Development Partnerships Program<sup>2</sup> to create, pilot and evaluate new resources to help Canadian parents and young children develop the resilience they need to bounce back from life's challenges.

During 2010 to 2012, the “**Resilient Parents – Resilient Kids Project**” will develop:

- ✓ **Resiliency Skills Training Program for Parent Groups**  
Parents experiencing a range of hardships will be able to learn skills to help them reduce their own stress and discover how to model resilient thinking and coping as well as pass along resiliency skills to their children. Video and other resources will help parents integrate skills and content into their daily lives.
- ✓ **Resiliency Activity Modules**  
Six brief, self-contained, activity-based modules will be designed to support the parent-child relationship and promote several key resiliency abilities through fun, child-friendly activities that can be enjoyed by the parent and child together.
- ✓ **Public Awareness Sessions on Resilience**  
Community information sessions will be offered to attract, inform and engage families from diverse backgrounds about the importance of promoting resilience in children. A new video showing parents and children in resilience-building activities will be featured.
- ✓ **Parent Resource Sheets**  
Six resource sheets covering several key topics related to promoting resilience in children will be developed for use by professionals and parents alike.
- ✓ **Community Resiliency Hubs**  
Fifteen Canadian communities will become Resiliency Hubs where RIRO trainers, sponsoring organizations and parents work together with RIRO to create and pilot the newly adapted resiliency skills training program and resources for parents.
- ✓ **Dissemination of RIRO collaborative model, learnings and products**  
Fifteen new trainers will be recruited and trained in a 5-day intensive training program; 50 existing RIRO trainers will be supported to use RIRO parent resources in their local organizations and communities; 50 volunteer presenters will deliver Public Awareness Sessions in diverse Canadian communities; new sections for parents will be added to RIRO's website and quarterly e-newsbrief **ResilienC** and organizational partners at local, provincial and national levels will help reach additional professionals, children, families and communities.

<sup>1</sup> YMCA of Greater Toronto, Child Development Institute, University of Guelph and George Brown College

<sup>2</sup> The opinions and interpretations in RIRO resources are those of the authors and do not necessarily reflect those of the Government of Canada.

To contact us or learn more:  
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