



# Reaching IN...Reaching OUT

Promoting Resilience in Adults & Young Children Since 2002



**RIRO Resiliency Skills Training** is an evidence-based, two-part program for service providers who work with children from birth to eight years.

The training uses a relationship-based, cognitive-behavioural and social problem-solving approach to prevent depression and promote resilience in children under eight years. Adapted from 35 years of research by Dr. Martin Seligman and colleagues at the University of Pennsylvania, the RIRO program is designed to **help adults help young children** steer through life's inevitable bumps in the road and make use of opportunities for optimal growth and development.

Research shows that children as young as two years begin to copy how adults in their lives respond to daily stresses, serious challenges and opportunities for growth. When adults use the RIRO skill-set in their own lives, **they become role models for children** by demonstrating effective thinking and coping strategies in response to both adversity and opportunity.

**Part 1** introduces **adults to key resiliency research and skills** that enhance self-regulation skills and promote a "resilient" perspective and flexible approach to handling conflict, problems and everyday challenges.

**Part 2** helps adults **apply the resiliency skills directly with children** by:

- increasing their understanding of children's thinking and behaviour
- supporting children's development of seven critical abilities associated with resilience
- introducing child-friendly approaches using children's literature, puppets and resilience-building activities.

## The ECCDC is Proud to Offer RIRO Resiliency Skills Training

*a relationship-based program that helps children 'Bounce Back'*

**Part 1: ADULT SKILLS and  
Part 2: CHILD APPLICATIONS**

### *New Dates!*

**Full Day Saturdays  
from 8:30 am to 4:30 pm**

September 28, 2019  
October 26, 2019

The training is taking place at the  
ECCDC Conference Room,  
3340 Schmon Parkway, Thorold.

The cost for the institute is \$80  
which includes both sessions, light  
refreshments and all training materials.

**To register**, contact ECCDC at [eccdc@eccdc.org](mailto:eccdc@eccdc.org)  
or 905.646.7311 ext. 304. For more information  
about Reaching In Reaching Out please  
contact [www.reachinginreachingout.com](http://www.reachinginreachingout.com)

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