

Family Resilience Workshop

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



Family Resilience Workshop

Offered to parents with children ages 6-12

This 4-session series is designed to educate and empower parents and those in the parenting role with the tools and strategies to nurture the children in their care. By focusing on parenting behaviors, participants will learn how to understand and shape their parenting style by:

- Learning about child development stages
- Gaining deeper insights into parenting role
- Improving parent-child communication
- Managing parenting stress
- Accessing resources to further develop parenting skills

Dates & times: Use the QR code to access the dates/times

Class duration: 4 sessions, each 2 hours

Fee: No fee

To register for this class, please contact your provider or Health Education Department 415-833-3450 or email:

SFHealthEd@kp.org

Visit Behavioral Health Education Website
<https://tinyurl.com/2fuc9r2u>

To access the class 2022 calendar, scan the QR code



Visit the Health Education Center
2241 Geary Blvd, SF, CA 94115 or
1600 Owens St., SF, CA 94158
Call (415) 833-3450

Hours: Monday - Friday 9 a.m. – 5 p.m.

SFHealthEd@kp.org
KPSF Health Education Website
kp.org/sanfrancisco/healthed