



# Reaching IN...Reaching OUT<sup>OM</sup> (RIRO)

**RIRO offers evidence-based, resiliency skills training programmes to strengthen well-being and resilience in adults and children through role modeling and relationships.**

Since 2002 RIRO has helped fuel resilience and support well-being in adults and young children under 8 years. RIRO teaches child care and early learning staff and service providers the “3Rs of Resilience” – relaxation and reflection skills to help them respond instead of simply reacting to challenging situations.

## RIRO 12-hour resiliency skills training programmes:

Teach adults resiliency skills to...	Show adults how to help children by...
<ul style="list-style-type: none"> <li>• Reach IN to develop healthy ways to cope with stress and tough times</li> <li>• Reach OUT to find support and offer it to others</li> </ul>	<ul style="list-style-type: none"> <li>• developing caring relationships</li> <li>• being positive role models</li> <li>• passing along the resiliency skills to them.</li> </ul>

Online Sessions	
<p><b>When:</b></p>	<p><b>Where:</b></p>
	<p><b>How to Register:</b></p>

 [www.wellington.ca/riro](http://www.wellington.ca/riro)



Alternate formats available upon request.



<sup>OM</sup> Official Mark of The Corporation of the County of Wellington

