

Community Education Service **FREE ONLINE SESSION**



Laugh Until it Helps: Building Resilience through Humour and Laughter

Presenter: Cheryl Oberg *SPARKLE*

Therapeutic Clown Program at the Alberta Children's Hospital

****Register: <http://community.hmhc.ca/sessions/?p=online>****

**Session Available:
January 1st - February 1st 2019**

**** This session is meant for those over 18 years old, and is an adult learning module. This session is not meant for children or as a learning tool in the classroom. ****

In helping children be more resilient, the goal is not to deny the reality of their struggles but rather to recognize areas of special need & help them gain insight into their talents and inner strengths. Knowing how to face up to & answer tough questions, connect with people in ways that are helpful, & deal with frustration with creativity, imagination & even humour are all ways we can teach children to become more independent & enjoy success in school & in the community.