

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Raising Flexible Thinkers:

Helping Children Adapt, Solve Problems & Thrive Through Change

Presented by : Creative Sky Psychology

Thursday Nov 26 2026

6:30 - 8:00 PM

Participants will learn:

- What flexible thinking is, how it develops, and why it is a key skill for lifelong success
- Why some children become "stuck" when faced with change, mistakes, or unexpected challenges
- Practical coaching strategies that encourage adaptability, perspective-taking, and creative problem solving
- How to support children through transitions, setbacks, and uncertainty while building confidence and resilience
- Simple, evidence-based activities and family routines that strengthen flexible thinking in everyday life

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