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# Building and "BOOSTing" Resilience in Parenthood

Balance, Openness, Outlook, Strengths, and Thrive (BOOST)

Join us for a FREE training session co-sponsored by Palo Alto University and El Camino Health, dedicated to nurturing resilience in parenthood. This event will kick start Mental Health Awareness Month.

**Wednesday, May 1, 2024**

6:00 PM – 7:15 PM



**Palo Alto University, Mountain View Campus**

1172 Castro Street, Mountain View, CA 94041,  
Room CR 124

Presenters:



Lori Riggio, PhD



Karen Roller PhD

## In This Session, You Will:

- Explore the connection between emotional health and resilience.
- Understand the positive impact resilience has on your life.
- Assess resilience skills.
- Learn practical strategies to build and internalize resilience in yourself and your children through the use of the BOOST model.

**Register Here**



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