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**Nurturing Resilient
Children**

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We are a comprehensive,
community-wide collaboration
dedicated to fostering the
healthy development of children
from infancy through
secondary school.



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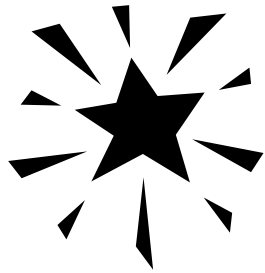
Resilience Project

***A School-Based
Prevention Program for
Students in
Kindergarten to 3rd Grade***



**Provided in collaboration
with
Cayuga-Onondaga
B.O.C.E.S.**

Resilience Project



The Resilience Project is a school-based prevention program. It is offered for students attending Kindergarten through 3rd grade in the Auburn & Cato-Meridian School Districts.

The Resilience Project helps to reduce social, emotional, and behavioral problems experienced by many children in their early years at school. Highly trained staff work one-on-one to help children strengthen their coping skills at school and at home. The goal is to promote academic success and positive child development.

Participation in Resilience Project is voluntary and only with parental consent.

Q & A:

Who is eligible for the Resilience Project?

Students who are:

- in Kindergarten through 3rd grade;
- in Auburn or Cato-Meridian; and
- screened as eligible using the program's validated assessment tool.

Parents are contacted by the school to seek permission for participation.

What kind of service is provided?

Using an evidence-based curriculum developed at the University of Rochester, trained Mentors provide skill development sessions on a weekly basis. Resilience Project lasts for 12 weeks. Each session lasts about 30 minutes.

How much does this service cost?

Resilience Project services are free.

Will participation interfere with my child's school day?

Teachers assist Mentors in identifying non-instructional times to allow for student participation.



Children learn these skills through Resilience Mentoring:

- How to resolve conflicts
- "Self-discipline" skills
- How to "calm down" when they need to
- Understanding feelings in themselves and in others
- How to make realistic goals

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