



Reaching IN...Reaching OUT (RIRO)

...promoting resilience in adults and young children since 2002

Build Resilience in Your Community ...become an authorized RIRO-BBT Trainer

How do RIRO-BBT Trainers build resilience in their communities?

Research shows that children as young as two years copy how adults in their lives think about and handle life's daily stressors, serious problems and opportunities. RIRO-BBT Trainers are equipped to offer resiliency skills training and more to help adults and children “reach in” to respond more effectively to challenging situations and “reach out” to others and opportunities that promote healthy development.

As a RIRO-BBT Trainer you can:

- **Deliver the 12 hour, evidence-based RIRO resiliency skills training program to service providers** who work with children under 8 years. This two-part program is designed to *help service providers help young children* develop a “resilient” approach to handling life’s stresses and opportunities. For a description of the program, go to www.reachinginreachingout.com/programs-riro.htm
- **Deliver the 10-session evidence-based BBT skills training program to parents with children under 8 years.** BBT helps parents increase their capacity to build a caring relationship and role model "resilient" thinking and healthy coping behaviours in daily interactions with their children. **For details about the BBT program go to www.reachinginreachingout.com/programs-bb&t.htm**
- **Offer “stand alone” public information sessions about building resilience** in young children and families to parents and service providers in your community.
- **Use the resiliency skills professionally** in your daily interactions with children and families you work with and **personally** with your own family, friends and community members.

How do I become a RIRO-BBT Trainer?

Apply to attend a 5-day RIRO-BBT Trainer Intensive Program. This program provides an “advanced” version of the two-part RIRO skills training program and a comprehensive review of the training materials, resources and delivery models used in the RIRO and BBT training programs, and public information sessions.

Who should apply?

Experienced trainers who provide professional development training to service providers and /or training and support to parents with young children and who work within sectors that serve young children and families (early learning and childcare, public education, mental health, speech/language, child welfare, public health, health promotion, family home visiting, etc.).

What is the cost? Program fees* are currently \$950 to \$995 per person. Fees include five days of training, comprehensive training manual and resources, and follow-up support. Snacks and beverages are provided. (Lunch, transportation and accommodation are the responsibility of the applicant.)

How do I register? Go to www.reachinginreachingout.com/becometrainer.htm to download a registration form. **For further information**, please contact jennifer@reachinginreachingout.com

* fees may vary due to venue & hosting costs