



*It is easier to build strong children  
than to repair broken men.*

*- Frederick Douglass*

## **Schuylkill Resiliency Project**

### **Nurturing Healthy Families**

### **Fun FREE Activity**

- **FREE six-week program for families- including adults and children**
- **Art, Drumming or Yoga on Saturdays 10-Noon and Tuesday evenings will feature the Healthy Relationships program from 6 – 8 pm**
- **Open to any family in Schuylkill County with children ages 6-13**
- **Receive a GIFT that continues to encourage family fun at the end of the six weeks**
- **Location: YMCA in Pottsville**
- **Free Child Care for siblings**
- **Free Parking**

For more information contact Tracy Frederick at

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### ● **Resiliency-**

the capacity to recover quickly from  
difficulties; toughness.