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**Lakeside Elementary**  
Broward County Public Schools

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## COUNSELING & SERVICES

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## Resiliency Resources for Families

### The Parent Guide to Resilience: <https://resiliencyguide.org/>

Three Ways to Boost Your Resilience as a Parent:

[https://greatergood.berkeley.edu/article/item/three\\_ways\\_to\\_boost\\_your\\_resilience\\_as\\_a\\_pa\\_rent](https://greatergood.berkeley.edu/article/item/three_ways_to_boost_your_resilience_as_a_pa_rent)

Resilience Guide for Parents and Teachers: <https://www.apa.org/topics/resilience/guide-parents-teachers>

Resilience for Teens: 10 Tips to Build Skills on Bouncing Back From Rough Times:

<https://www.apa.org/topics/resilience/bounce-teens>

Building Resilience in Children and Families: <https://sesameworkshop.org/topics/social-emotional-skills/resilience/>

