



**FREE**

## Promoting Resilience: Parents Building Solutions 'Taster' session

Do you want to help your kids cope in a chaotic world? Do you want to help your kids feel more positive and hopeful?

This single session will explore:

- what is resilience
- why is resilience important, and
- how to promote our children's resilience .

Open to parents/carers of children of any age. Afternoon tea is provided. Bookings are essential.

**DATE:** Monday 20th January

**TIME:** 1.00 pm-3.00 pm

**WHERE:** Connections @ Craigieburn,  
120 Hothlynn Drive Craigieburn

For bookings & inquiries contact: Parentzone on  
03 8641 8900 or 0458 550 071

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