

Building Self Esteem & Resilience

A Parents Building Solutions Single Session



- Do you want to improve your child's confidence and self esteem?
- Help your child deal with anxious feelings?
- Help your child build resilience?

Come along to this session to learn strategies, share stories and take some time out for you!

WHEN: Wednesday 2nd September,
1pm – 3pm

WHERE: Online via Zoom

COST: Free. Bookings essential.

Bookings and further information:
Parentzone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au

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