



Raising Resilient Kids

A Parents' Building Solutions 6-Week Online Program

Do you want to:

- Get a clear understanding of resilience and coping with life's set backs?
- Learn how to build resilience in your child?
- Learn strategies to help your child bounce back from adversity?
- Build a strong emotional connection with your child so they share more with you?

Program suitable for parents of children aged 5-12 years of age.

Join us for 6 weekly online sessions:

23 February to 30 March 2021

Time: 10:00 - 11:30 am

Bookings: Laurie on 0488 501 204 or laurielee.arrowsmith@anglicarevic.org.au

Where: Join us live online via Zoom

Cost: Free of charge for parents and carers in Melbourne's Eastern Region.

Bookings essential.

PARENTZONE