



Raising Resilient Kids

**A Parents Building Solutions Program
for Parents of Children Aged 4 to 12 years**

Would you like to:

- Discover strategies to help your child bounce back from adversity?
- Support your child to cope with change?
- Deal with anger and anxiety?
- Improve your communication and your relationship with your child?

**Join us to learn strategies, share stories
and take some time out for you.**

When: Thursday evening sessions

July 22nd to Aug 26th (6-week program)

Time: 7:00 to 9:00 pm

Where: Online via Zoom.

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

Please Note: You will need a device that has access to video and audio, as well as a quiet child-free place to participate.

Bookings: <https://www.trybooking.com/BRXHZ>

Further information email:

sharon.muir@anglicarevic.org.au or phone or text
0438 683 049