



# Raising Resilient Kids

A Parents Building Solutions Program for parents of children aged 5 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 afternoons

October 21st to November 25th 2021 (6-week program)

**Time:** 1:00 to 3:00 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:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)