



## **Bullying**

### **Building a Toolkit to Help Your Child**

Do you want to:

- Understand what is bullying?
- Recognise the signs your child is being bullied?
- Know how to support your child?
- Help your child build resilience and learn protective behaviours?

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

**DATES:** Monday 21st February 2022

**TIME:** 10:30am to 12:30pm

**WHERE:** Online via Zoom

**COST:** FREE. Bookings essential.

For bookings & enquiries contact:  
Parentzone Gippsland on 03 5135 9555 or email  
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