



Raising Resilient Kids

A Parents Building Solutions single session

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self esteem?
- Help your child to cope with change?

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

DATES: Friday 25th 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
parentzone.gippsland@anglicarevic.org.au