



RESILIENCE AND SELF-ESTEEM

PARENTS BUILDING SOLUTIONS

**PARENTING IS ONE OF THE MOST
DIFFICULT JOBS YOU WILL EVER DO!**

DATE: Thursday, 27th July

TIME: 8.45 a.m. - 10.00 a.m.
Come and grab a cuppa after you
have dropped your child(ren) at
school

WHERE: Ramleigh Park Primary School
34 Thoroughbred Drive
Clyde North

COST: FREE!

Would you like to explore ways to:

- Improve communication with your children?
- Help your children to become more resilient?
- Support your children if they feel they are being bullied?
- Support your children to self-soothe?
- Help your child to develop healthy self-esteem?

Join us to explore positive parenting strategies to
respond to these parenting challenges

For more information, contact:

Carey Cole
0437 428 281
carey.cole@anglicarevic.org.au



Register using the QR code or this link:
<https://forms.office.com/r/TrGZ62AjYz>

PARENTZONE