



# Raising Resilient Children

A 5-week program for parents of children 0 to 7 years of age

- Learn how to raise an emotionally intelligent and resilient child
- Help your child cope with separation social anxiety and change.
- Discover strategies to manage challenging behaviours
- Explore ways to improve communication and connection with your child.

Join this 5-week parenting program to learn strategies, share stories, and take some time out for you

**Dates:** Mon 15th July to Mon 12th August 2024  
(5-week program)

**Time:** 1:00pm to 2:30 pm (1.5-hour sessions)

**Where:** Monash Community Family Co-operative  
56 Howleys Road, Notting Hill, VIC 3168

**Cost:** Free to attend. Bookings essential

**Registrations:** [Click here](#)

**Enquires:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

**PARENTZONE**