



Raising Resilient Kids

A free program for parents of children aged 3 to 12 years

Do you want to:

- Help your child cope in what feels like a rapidly changing and often chaotic world?
- Improve their confidence?
- Help your child manage their strong emotions?
- Help them to better understand and manage their anxious feelings?
- Work with them to develop strategies to manage anger?
- Communicate better with your child?

WHEN: Tuesdays (6 sessions)

12th August -16th September 2025

TIME: 12.30pm - 2.30pm

WHERE: Online, via Zoom

BOOKINGS: [Click here to book](#)

QUESTIONS? Contact Julia
on 9721 3629 or 0400 866 495

PARENT**ZONE**

