

PARENT EDUCATION PROGRAM

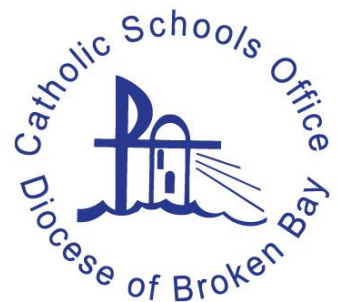


The Resilient Child

How can we help children develop their resilience and cope better with the ups and downs of school life? What strategies develop “mental health fitness” in children and lifelong wellbeing skills?

Joins us for a workshop that will provide you with:

- A better understanding of what is “wellbeing”
- Strategies for building resilience and coping skills
- Ideas to develop “mentally fit” children
- Building a growth mindset at home.



This is a FREE workshop

Brought to you by the
Parent Education Team,
Catholic Schools Office,
Diocese of Broken Bay.

Date: Monday August 26, 2019 @ 6:30 – 8:30pm

St Philip Neri - Learning Centre

RSVP: School Office by August 23

YES! I will be attending “The Resilient Child” workshop

Name(s) _____ Child’s Class _____