

PARENT EDUCATION PROGRAM

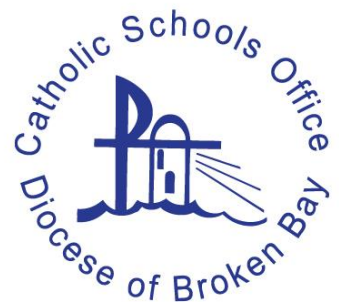


The Resilient Child

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.

Friday 13 March 2020 at 9:00am – 11:00am

St Joseph's Primary School, Narrabeen

RSVP to the **School Office** or email
sjn@dbb.catholic.edu.au by Tuesday 10 March

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

Name(s) _____ Child's Class _____