

BUILDING RESILIENCE WORKSHOP



Does your child find it difficult to bounce back from daily challenges?

DO THEY:

- rely on others to solve problems for them?
- have difficulty handling setbacks in positive ways?
- give up easily when things don't go to plan?



This workshop offers practical strategies to help you build your child's resilience

WORKSHOP DATES:

- Tuesday 1 July, 9.30-11.30am
- Wednesday 9 July, 4.30-6pm
- Monday 14 July, 12-1.30pm

SCAN THE QR CODE TO BOOK



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