



Raising Resilient Children

Help children deal with challenges using six key skills including;

- Recognising and accepting feelings
- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Coping with stressful life events



Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, wellbeing and success in life.

Crèche available. Bookings essential.

When: Tuesday 20 February 2018
Time: 12.30pm to 2.30pm
Venue: Child and Parent Centre - Gosnells
173 Hicks St, Gosnells (access Clara Street)
Telephone: 9398 8720
Email: CPCGosnells@centrecare.com.au

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