



Growing Resilient Kids



A Parents Building Solutions Program for parents of children 3 to 13 years

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self esteem?
- Help your child deal anxious feelings?
- Help your child to cope with change?
- Develop strategies to manage anger?
- Talk so your kids will listen?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

When:

Mondays (5 morning sessions)
April 30th to 28th May

Time:

10:00 am to 12:00 noon

Where:

Park Orchards Community House
572 Park Road, Park Orchards

Cost:

Free of charge. Bookings essential.

Bookings:

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