



Building Resilience

Children with greater resilience are better able to manage stress, both now and later in life. So how can we help our children to develop this skill?

Join us to explore the factors that influence our children's resilience. We'll discuss self esteem, independence and growth mindset in school aged children and how parents can help to support their children's development of these skills.



Wednesday 28th
October 2020
6.30—8.30pm



Port Hedland Primary
School
Corney Street, Port
Hedland



Mums, dads,
carers and
grandparents
welcome

 **AGE RANGE:** 6—12 years

 **DURATION:** 2 hours

 **TO BOOK:** Brian Birrell
(08) 9174 6001

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