



# Parenting and Family Support Program's

# Building Coping Skills

in children and young people

*Building Coping Skills* is a FREE workshop that helps you as parents and carers to support your child or young person's resilience.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

### Topics to support your parenting include:

- What is resilience?
- Understanding stress for children and young people
- The benefits of 'considered risks'
- How parents can help to build resilience

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

*Light refreshments and crèche provided. (Bookings essential)*

**Where:** O'Sullivan Beach Children's Centre

**When:** Part 1 – Thursday, August 19<sup>th</sup>  
Part 2 – Thursday, August 26<sup>th</sup>

**Time:** 12:30 – 2:30 pm

**To book:** 8382 2850

Everyone is welcome, however bookings are essential

\* Please arrive 10 minutes early to register \*

Delivered by the Department of Human Services