



Centacare

Developing Resilience

Resilience has been described as the ability to bungee jump through life

This course is for families experiencing separation

This session identifies family strengths both yours and your child's.

Topics covered will include:

- What is it?
- How do you develop it?
- How do you know if your child is resilient?

This course will help develop positive ways to help yourself and your child deal with hardship and to develop self-awareness to understanding emotions and reactions. It will help to build existing strengths and goal setting for growth.



Date and Time:

Tuesday 15 September 2020
10:00am – 12:00pm

Venue:

Centacare Level 2,
45 Wakefield Street,
Adelaide SA 5000

Bookings essential. Please contact Centacare on 8215 6700 or email your details to: registrations@centacare.org.au

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

www.centacare.org.au