

**YARRA VALLEY HEALTH PROMOTING SCHOOLS
PARENT AND COMMUNITY FORUM**



From Stressed to Strong: Supporting Your Family To Adapt in Uncertain Times

with



Andrew Fuller

Renowned Psychologist, Family Therapist and Author Andrew Fuller reveals how parents can go from stressed to strong in these uncertain times.

and

Fiona Sedgman

The local supports available for families.

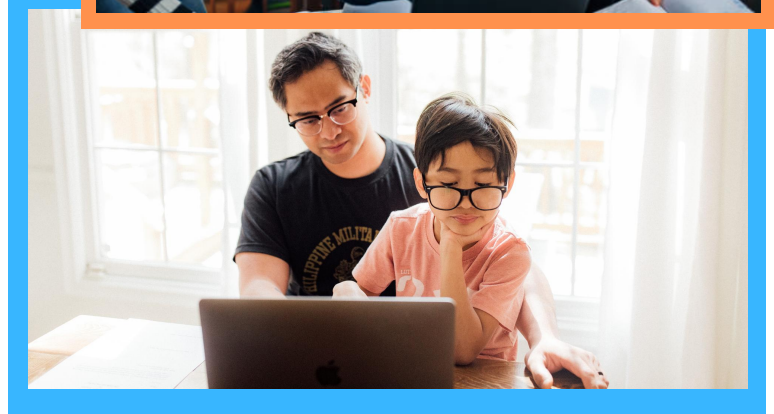
Eventbrite link for registration:

<https://fromstressedtostrong.eventbrite.com.au>

Last year at the Memo:

"Andrew was engaging and delivered information in an easy manner that could be easily understood"

"It inspired me to start more discussion in my family"



Thursday 27th August

7-8pm

Delivered online via Zoom – link available on registration