



Building Resilience

What can we parents do to help our children build resilience, so they can bounce back after adversity? Parenting by Connection offers new ideas to try, and this talk will give parents tools to help their children build confidence and resilience. Suitable for parents of children aged 3-18.

Event Details

- When** Wednesday 19th August 2020 8pm-10pm
- Where** Online via Zoom – meeting details sent on registration
- Note** Not all content is suitable for little ears – please have a private, quiet place to access the videoconference from.
- FREE, please book your place.
- Further Information** Contact Belynda Smith on belynda.smith@meerilinga.org.au to book your place.

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