

Webinars for parents and carers to help build family resilience

Child psychologist Dr Michael Carr-Gregg teaches strategies for managing wellbeing in this free webinar on 25 August

To help parents and carers build family resilience in these difficult times, the Department is presenting a free webinar by renowned child psychologist Dr Michael Carr-Gregg on Tuesday 25 August.

Resilient families play a vital role in helping children feel safe through the uncertainty of coronavirus (COVID-19).

Please encourage the parents and carers in your school community to attend.

Event details

Dr Carr-Gregg's webinar, [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era](#), gives families practical skills, knowledge and strategies for managing the lockdown period and remote learning.

When

Tuesday 25 August, 7.30pm

Duration

45-minute presentation followed by a 15-minute question-and-answer session

Format

online via Webex

Invite parents and carers to the webinar

The webinar is free for the whole school community, including families of staff and students.

Schools are encouraged to share details of the webinars with families via their school newsletter. Please consider promoting the webinar using the draft newsletter text below.

Draft newsletter text

Dear parents and carers,

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named Managing the Coronacoaster – Tips for building resilient families in the coronavirus era.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment

- further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex
- **Cost:** free

How to register

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#).

Find out more

For more information about the webinars, schools can contact Jeremy Cussen, via:

- email: Jeremy.Cussen@education.vic.gov.au
- phone: 03 7022 1871