

Building resilience in children on the autism spectrum

Helping kids flourish

These days it seems everyone is talking about the latest buzzword: **resilience!** But what if the strategies most commonly recommended aren't necessarily a good fit for your child? **Spectrum Journeys Inc.** is here to help.

In this session, psychologist **Sonia Street** will unpack techniques to help build resilience in children who are on the autism spectrum. With a focus on practical skills including emotional resilience, coping strategies and problem solving, this session is sure to benefit both parents and educators.

This session is aimed at parents, carers, primary school staff and early childhood educators.

When: **Thursday 22 August**
7.30pm – 9.00pm

Where: Caulfield Park Pavilion
Balaclava Rd, Caulfield

Cost: Gold coin donation

RSVP: www.jewishcare.org.au/spectrum

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Spectrum Journeys Inc. delivers interactive and educational workshops for parents, carers and educators of children on the autism spectrum. With a focus on practical skills and a strengths-based approach, Spectrum Journeys Inc. are passionate about seeing families thrive, and growing educational settings that are safe, warm and inclusive. **Sonia Street** is a psychologist with 25 years of experience working with children and families, particularly around developmental needs, and is a Teaching Associate at Monash University.