



Parenting and Family Support Program's **Building Coping Skills** in children and young people

Building Coping Skills is a FREE workshop that helps you as parents and carers to support your child or young person's resilience.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include:

- What is resilience?
- Understanding stress for children and young people
- The benefits of 'considered risks'
- How parents can help to build resilience

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

Light refreshments and crèche provided. (Bookings essential)

Where: O'Sullivan Beach Children's Centre
When: Monday, 26th October
Time: 9:30 – 11:30 am
To book: Jo Renshaw, 0429 269 320

Everyone is welcome, however bookings are essential

* Please arrive 10 minutes early to register *

Delivered by the Department of Human Services

Parenting and Family Support Team