



## 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:** Hackham West Children's Centre Unit, 50 Glynville Drive  
Hackham West

**When:** Friday 22<sup>nd</sup> and 29<sup>th</sup> October 2021

**Time:** 9:30am to 11:30am

**To book:** Contact 8382 6161 or Bel on 0438 862 295

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



