

# Building blocks of wellbeing

Practical strategies for you and your child to flourish

For parents,  
grandparents,  
carers and  
educators

Tuesday  
8 June  
7pm to 8.30pm

Online event

Gain an understanding of the PERMAH wellbeing framework based on the theory that wellbeing is cultivated by positive emotion, engagement, relationships, meaning and accomplishment.

Join experienced youth workers Rachelle Jones and Mel Jeffery from Maroondah City Council's Youth and Children's Services team to:

- learn how to apply the PERMAH framework in your life.
- learn more about the science of Positive Psychology.
- hear practical examples of activities to build wellbeing.

## How to book

Book online at: <https://www.trybooking.com/BQAWZ>

You will be sent an email with a link to join the session once you make a booking.

For more information, please contact Cathie Wills, Children's Services Project Officer on 9294 5740 or email [childrens.services.events@maroondah.vic.gov.au](mailto:childrens.services.events@maroondah.vic.gov.au)

Free  
Bookings  
essential