

# Building Resilience in Kids

Online Zoom Sessions



Resilience is the ability to cope with ups and downs, bounce back and even grow in the face of challenges.

Resilience is not just about managing current stressors, but also developing skills for dealing with challenges throughout life and enhancing mental health.

Learn how you can help kids develop skills, habits and attitudes for building resilience:

- Building good relationships
- Independence
- Confidence to face challenges
- Managing emotions

## Term 3, 2020

**When:** Evening Session: Monday 20th July 2020

**Time:** 7.30pm - 9.00pm

**When:** Day Session: Friday 24th July 2020

**Time:** 10.30am - 12.00pm

**Where:** Online Zoom Session

**Cost:** Free

**Facilitators:** CCS Family and Relationship Services

*Groups are subject to maximum and minimum numbers determined seven working days prior to start date. Please register early*