



BUILDING HAPPY AND RESILIENT KIDS

WITH DR. MICHEAL CARR-GREGG


Research shows more than 60 per cent of parents lack confidence in their parenting (Australian Childhood Foundation) and we know that it can be particularly stressful with teenagers.


Dr. Carr-Gregg presents examples of effective and evidence-based communication with teenagers, and strategies to build resilience in children, young people and families.

This online parenting session is delivered by Nillumbik Shire and Banyule Council in partnership with the Banyule Nillumbik Youth Services Network.

This workshop is suitable for parents and carers of children and young people aged 10-18

 \$5, free for concession card holders

 Thursday 4 March 7-8pm, online (Zoom)

 For more information please contact:

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Bookings Essential:
[happy-resilient-kids.
eventbrite.com.au](https://www.eventbrite.com.au/e/happy-resilient-kids)



Open to anyone who works with young people in either or both Banyule & Nillumbik (youth workers, housing workers, teachers, centrelink workers, volunteers etc.)

