



# BUILDING RESILIENCE THROUGH INDEPENDENCE

Many of our children are struggling with worry and anxiety.

They may face social and online challenges and can often feel stuck. As parents, we can find this difficult to help our children, as they confront issues so different to the ones we faced at a similar age.



We want to help our adolescents to build their resilience, so when they encounter new challenges, they can tackle them with more confidence. This workshop is designed to help parents teach their children to be more resilient while building their independence. It will give parents simple and practical ideas to help their children, while developing strong, loving, and connected relationships.

**THURSDAY 16  
NOVEMBER**

7.30pm–9.00pm

## VENUE

Surf Coast Shire Council  
1 Merrijig Drive, Torquay

## BOOKINGS

Scan the QR code.

This is a free event but bookings are essential.

