



RESILIENCE THROUGH TRANSITIONS

PARENTS BUILDING SOLUTIONS

CHANGE CAN BE DIFFICULT AND SCARY!!

- Is your child starting Prep in 2023?
- Do you, or your child, or both, feel nervous about the transition?
- Would you like to explore strategies to build your child's resilience and age-appropriate independence as they transition?
- Would you like to support your child's transition by helping them to establish and maintain good routines?

If your answer to any of these questions is "YES!", come and join the discussion with other parents. You can learn from, and encourage, one another - because you are not alone on this parenting journey!

PARENTZONE

DATE: Wednesday, 16th and 23rd November

TIME: 9.30 a.m. - 11.30 a.m.

WHERE: Lang Lang Primary School
52 Westport Road
Lang Lang

COST: FREE!

For more information, contact

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au, OR

Register using the QR code or this link:
<https://forms.office.com/r/kVjQStiLtj>

Registrations welcome on the day

