

Midvale Hub Parenting Service Perth (North East)



Building Children's Resilience Workshop

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events.

This **FREE** workshop is for parents and carers of children aged 4 to 12 years.

Learn more about:

- Understanding resilience for children
- Factors for developing, and building resilience in children
- Every day strategies to promote children's resilience



Where:	Brockman Community House 27 Hull Way, Beechboro
When:	Thursday 06 th June, 2019
Time:	12noon – 2pm
Cost:	FREE – Registration is essential
Crèche:	Bookings essential. Please contact Brockman House; (08) 9279-1588. Cost of \$5 per family, per week

For more information and to register, please contact:

Name: Midvale Hub Parenting Service Perth North - East

Telephone: (08) 9290 6827

Email: parentingservice@mundaring.wa.gov.au



Supported by



The Midvale Hub Parenting Service Perth (North East) is provided by Midvale Hub (Shire of Mundaring) and funded by the State Government through the Department of Communities.

