

# Midvale Hub Parenting Service Perth (North East)



## Building Your Child's Resilience

**For parents and carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater.**

For parents and carers of children 4 to 12 years

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 workshop talks about understanding resilience for children, factors for developing, and building resilience in children. It explores parents/carers strategies to promote children's resilience in everyday life.



<b>Where:</b>	<b>Maylands Public Library</b> 28 Eight Ave, Maylands
<b>When:</b>	Wednesday 30 June 2021
<b>Time:</b>	12.15pm to 2.15pm
<b>Cost:</b>	<b>FREE</b> – registration is essential
<b>Crèche:</b>	Not available for this program

**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](mailto:parentingservice@mundaring.wa.gov.au)



Supported by



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Shire of Mundaring Children's Services