

# PARENT EDUCATION PROGRAM

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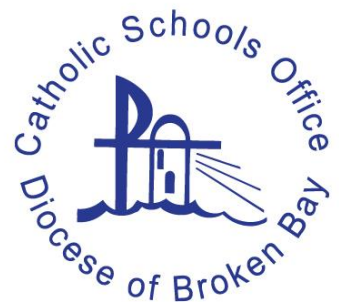


## The Resilient Child

How can we help children develop their resilience and cope better with the ups and downs of school life? What strategies develop “mental health fitness” in children and lifelong wellbeing skills?

Joins us for a workshop that will provide you with:

- A better understanding of what is “wellbeing”
- Strategies for building resilience and coping skills
- Ideas to develop “mentally fit” children
- Building a growth mindset at home.



**This is a FREE workshop**

Brought to you by the  
Parent Education Team,  
Catholic Schools Office,  
Diocese of Broken Bay.

**Monday 5<sup>th</sup> August at 6:30-8:30pm**

St. John the Apostle Catholic Primary School Library

166 Alfred Street, Narrabeena.

Parking available on local streets.

Bookings are essential, so please book your spot using the following link:

[www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) Enter code: **F52M2**

For questions please email the school: [sjan@dbb.catholic.edu.au](mailto:sjan@dbb.catholic.edu.au)