

Empowered Kids

Raising resilient children



the resilience co.

with Clinical Psychologist, Lisa Ford

Mount Nelson Parent/Carer Seminar

- *Why is resilience a vital factor in children's health and happiness?*
- *Why are children struggling with resilience and how can we change that?*
- *How our everyday interactions can support resilience & confidence*
- *Bouncing back from stressors & developing problem solving skills*
- *Gain practical strategies, deeper understanding & and shared language for a community approach.*

Please RSVP to office

Thurs 6th November
6 - 7:30pm

*Beneficial for EVERY parent:
Re-think, reframe & reset.
Create positive change through practical
strategies in your everyday interactions.*