

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:	Hills Outside School Care 545 Glen Road Darlington
When:	Monday 17 th June, 2019
Time:	6pm – 8pm
Cost:	FREE – Registration is essential

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.



Shire of Mundaring Children's Services