

# Raising Resilient Children (from the Triple P International)

*For parents and carers of children aged  
between 2 and 10 years*

This session will provide information on:

- recognising and accepting feelings
- expression of feelings
- building a positive outlook
- developing coping skills
- dealing with negative feelings
- stressful life events.



## Location

Online via Zoom - Link will be provided

## Date and time

Thursday 27 October from 7pm to 9pm

## Cost

This is a free information session

## Book your place

To book your place contact Gateway Health Intake on 02 6022 8888

**Bookings are essential**