

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:

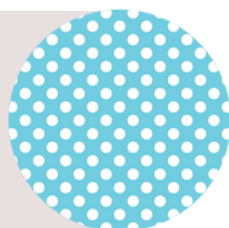
- Recognising and accepting feelings
- Expression of feelings
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Stressful life events

Location	Date and Time	Cost
Online (link will be provided)	Thursday 23 February 7pm to 9pm	This is a free program

Book your place

To book your place contact Gateway Health Intake on 02 6022 8888 or email parenting@gatewayhealth.org.au

Bookings are essential



gatewayhealth.org.au

Please note this information applies to Term 1 2023.