

Growing Resilient Kids

Helping children to manage anxiety and bounce back when things go wrong

We focus on sharing strategies to support young people with learning to recognise and manage anxiety, worry and stress. We also focus on ways to support our young people to cope when things go wrong (resilience).

This practical solution focused workshop is relevant for parents, caregivers, grandparents, educational staff and health professionals who connect with young people (0-13 years). Strategies may be adapted to suit various ages.

Cost: \$10 per person.

Participants can request a certificate for professional development purposes.

SAVE THESE DATES:

- 2nd May: City Hall Mt Gambier
- 12th May: Lucindale Area School
- 26th May: Sunrise Christian School Naracoorte
- 30th May: City Hall Mt Gambier
- 2nd June: Naracoorte South Primary School
- 16th June: Michelle De Garis Kindergarten
- 27th June: City Hall Mt Gambier

Sticky Ticket links for City Hall, Mt Gambier:

2nd May: <https://www.stickytickets.com.au/J6ORH>

30th May: <https://www.stickytickets.com.au/PYXSQ>

27th June: <https://www.stickytickets.com.au/4ALFI>

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COUNTRY SA

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These workshops are supported by Country SA PHN (CSAPHN)

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THINK,
FEEL & ACT.