



Parent Education Course

Build **RESILIENCE** in children aged 4-12

AT The Deli Women and Children's Centre. 72 Maloney Street, Eastlakes

ON Each Thursday 24th Aug. – 9th Sept. **AT** 9.45am – 12.00pm

PARENTS WILL LEARN

Parents will learn to identify and respond to anxiety in children.

- What you need to do to assist you to manage your children's worries.
- Learn about the brain and how it operates, and where fear and anxiety originates.
- What risks we can allow and which require us to keep children safe.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.

PARENTS RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate on completion of the workshop

WHO IS RUNNING THE COURSE

The Deli Women and Children's Centre's Parentshop licenced practitioner

REGISTER TODAY

Limited childminding is available for this group

Please contact us on 9667 4664 or childservices@thedeli.org.au

Bookings essential for the group and childminding