

Midvale Hub Parenting Service Perth (North East)



MIDVALE HUB

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:	Brockman Community House 27 Hull Way, Beechboro
When:	Thursday 06 th June, 2019
Time:	12noon – 2pm
Cost:	FREE – Registration is essential
Crèche:	Bookings essential. Please contact Brockman House; (08) 9279-1588. Cost of \$5 per family, per week

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



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Shire of Mundaring Children's Services