



# Growing Resilient Children

A Parents Building Solutions Program for parents of children aged 2 to 10 years

## Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self esteem?
- Deal with anxious feelings?
- Help your child to cope with change?
- Develop strategies to manage anger?
- Communicate better with your child?

**Come along to these 5 sessions to learn strategies, share stories and take some time out for you!**

## When:

Wednesdays (5 evening sessions)  
October 17th to November 14th 2018

## Time:

7:00 to 9:00pm

## Where:

Vista Valley Kindergarten  
3 Vista St, Bulleen

## Cost:

Free of charge. Bookings essential.

## Bookings:

Sharon Muir on 0438 683 049  
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