

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



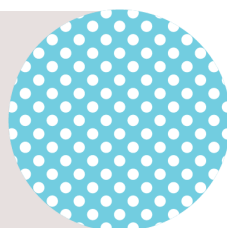
Location	Date and Time	Cost
Online (link will be provided)	Monday 6th November 7pm to 9pm	This is a free program

To Register

Scan the QR Code or click [here](#)
to rsvp by Sunday 12th November.



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

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People living well

Please note this information applies to Term 4 2023.