

Raising Resilient Children

Delivered by Department of Education Psychologist

Provides information on helping children deal with their emotions in order to develop emotional resilience.

The session covers:

- Why emotional resilience is important
- Recognising and accepting feelings
- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Coping with stressful life events

You will have the opportunity to talk about experiences and common problems that may occur.



Date: Thursday 9th May 2019
Time: 9:00am -11:00am
Venue: Cooloongup Primary School
21 Westerly Way, Cooloongup WA 6168
Cost: Free
Crèche: Unavailable

To register or for more information please contact the
Child and Parent Centre – East Waikiki on 9367 0967 or eastwaikiki@ngala.com.au