



Centacare

Developing Resilience

Resilience has been described as the ability to bungee jump through life

This session identifies family strengths both yours and your child's.

Topics covered will include:

- What is it?
- How do you develop it?
- How do you know if your child is resilient?

(This course will help develop positive ways to help yourself and your child deal with hardship and to develop self-awareness to understanding emotions and reactions. It will help to build existing strengths and goal setting for growth.)



Date and Time:

Thursday 21 February 2019
10:00am – 12:00pm

Venue:

Centacare Level 2,
45 Wakefield Street,
Adelaide SA 5000

Bookings essential. Please contact Centacare on 8215 6700 or email your details to: registrations@centacare.org.au

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