Mindfully Building Successful Children

Do you want resilient Children?

This session is designed for you!

Where: St Mary’s School, 95A Railway Street, Altona
When: Tuesday 21st October 2014
Time: 7pm—8.30pm
Cost: $10.00 (per Family)

CHILD MINDING AVAILABLE. PARENTS AND FRIENDS WELCOME!!!
ENTER VIA SARGOOD ST. PARKING AVAILABLE ON THE NETBALL COURT

This session is designed to support parents as they help children become more resilient in riding the waves of disappointment, peer relationships and managing their own emotions.

Utilising the latest science on the brain and positive psychology this session explores supporting children through the different developmental stages with present moment awareness. Hints on how parents can address their own anxieties about their children’s future, modeling values and encouraging independently successful children are included.

Facilitator Therese Sheedy is a nationally registered psychologist in private practice in Yarraville. Therese brings 20 years of training, facilitation, public speaking and counseling experience. She has training in positive psychology coaching and education, counseling and is a Restorative Justice trainer.

RSVP: to MARG MASSENI by 15th October.

Mindfully Building Successful Children --- Parent Talk

NAME: __________________________________________________________

CONTACT NUMBER: _____________________________________________

◊ YES I WILL BE THERE.
◊ I REQUIRE CHILD MINDING FOR .................... CHILD / CHILDREN.