Raising Resilient Children

Parenting Workshop

Led by Sara Phillips, Parent Educator & Coach, owner of ‘Mindful Parenting: Mindful Coaching’

Thursday 25th February 2016
5.30pm - 7.30pm
at St Peters Primary School

Bookings essential as there are limited places!

Raising Resilient Children

It is essential that we empower our children so that they can overcome setbacks, disappointments and negative experiences and face life’s challenges with confidence and competence. St Peter’s Primary School with funding from the Lismore Diocese, Catholic Schools Parent Assembly is hosting a Parent Workshop on Raising Resilient Children, led by Sara Phillips, Parent Educator & Coach. The 2 hour interactive workshop will help equip parents with the tools and strategies to grow their children into capable and resilient young adults.

THURSDAY 25th FEBRUARY 2016 (5.30pm to 7.30pm) at St Peters Primary School

This invitation has been extended to parents of all Primary Schools in the Hastings Macleay Region.

To ensure a workshop place, please book early.

BOOKINGS: Contact Maria Doherty by email on mdoherty@pac.stagnesparish.org.au or text 0432 647 822