

Resilience Seminar

There has been a notable increase in anxiety amongst children so Duncraig Playgroup Inc. have teamed up with Resilience Kit to host a seminar in the Duncraig Community Centre, South Hall.

Wednesday 24th May at 7pm – 8.30pm

This is to raise awareness about children experiencing anxiety in the family and to broaden the awareness about preventative mental health. We will cover:

- the risk and protective factors for healthy emotional development
- the importance of developing social and emotional skills to prevent emotional distress
- why building resilience in the family is important

This is open to anyone who is interested, so please share this with family and friends.

Please register your attendance at:

<https://www.eventbrite.com.au/e/family-resilience-seminar-for-parents-caregivers-tickets-33480858148>

This link can be found on our Facebook page promoting the event



DUNCRAIG
PLAYGROUP inc.

