

STAYING STRONG AT SCHOOL

For parents and carers of
primary school aged children

Join psychologist Marina Bailey
as she facilitates this free
online information session
designed to help parents build
their children's emotional
resilience

WEDNESDAY

29 JULY

6:30 PM – 7:30 PM

Online (link will be sent)

Register [here](#)



This practical workshop will discuss:

- Encouraging effective communication and social skills
- Managing social conflict and changing relationships at school
- Teaching problem solving and building self confidence
- Helping children cope with discomfort, without resorting to unhelpful ways of coping (e.g. avoidance, escalating emotions)
- Managing anxiety

Help children better deal with not only the normal ups and downs of school life, but also the challenges that they may encounter during their adult life.