RAISING
RESILIENT CHILDREN

Learn:

• The four basic brain chemicals—our natural feel good medicines
• How they impact our life daily
• How to release these chemicals in healthy ways to reduce stress, increase confidence, create joy and build resilience.

Come along and discover the tools to help you and your child understand what is happening in their bodies when they experience emotions and how to manage these feelings.

Trybooking link: https://www.trybooking.com/NOHR

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