

Methven Primary School and our School Based Mental Health Team welcome you to attend a

# Promoting Resilience in Children Workshop

Wednesday 19 September

3:15pm - 4:30pm

Piwakawaka Classroom

Themes for discussion:

- Strategies to promote resilience
- Rewarding brave behaviour
- Age appropriate developmental fears
- Strategies to manage fears
- Parent Self Care

Includes Afternoon Tea. We will have a room open with babysitting available during the Parent Workshop.

Any questions, email [sfurndorfler@methven.school.nz](mailto:sfurndorfler@methven.school.nz)

