Raising children today is very different to when we grew up. Life for families is very busy and stressful. We don’t suggest we have all the answers but we are delighted to present a workshop where we can explore some positive ways to build resilience in our children and use strategies to encourage positive mental health for our children, ourselves and our families.

Our guest speaker for the evening is Dr Di McGreal, a very experienced psychologist who will be sure to entertain and teach us some great strategies. We are pitching our Parent Forum to parents of children aged between 8 and 13. The information will be relevant to children outside this age group and all parents are welcome.

Please RSVP through https://www.trybooking.com/229300

Entry will be a gold coin donation to our Community Cooking Program.

Anne-Marie Houlihan
Family School Leader