



Programs to enrich your child's social and emotional development

Date: Seminars are held each term on Saturdays (1hour) *

Venue: Canning Vale Community Centre (Cnr Waratah & Eucalyptus Boulevard, Canning Vale)

About the Seminar

◆ The Life Skills for Kids Parent Seminars are designed to provide information and strategies to build your child's social and emotional resilience. Parents are the most important figures in guiding a child's life and the purpose of seminar is to provide an understanding of the principles and strategies we know build resilience.

◆ Experienced registered clinical psychologists, who facilitate the Life Skills For Kids programs, deliver the seminars.

◆ Based on decades of resilience research we provide strategies relating to the four core areas of *Emotional skills*, *Social skills*, *Mind skills* and *Relationships*. Specifically we focus on:

- Strategies to build your child's resilience, social skills and self-confidence,
- Ways to help your child manage difficult emotions and build their emotional intelligence,
- Ways to improve the quality of your relationship with your child,
- Strategies and skills provided to the children in the group programs.

◆ Places limited – bookings essential.

Fees & Rebates

\$60 per parent or \$90 per couple

(Health rebates can apply to reduce the final cost).

* Please refer to website for upcoming session dates.