CONFIDENT PARENTING
BUILDING RESILIENCE IN YOUNG PEOPLE

NAGLE is building resilience for your teens.
This evening seminar will have a special focus for Parents of Students in Year 7. However, all parents of teenagers enrolled at Nagle are welcome to attend.

DATE: Tuesday 1st July, 2014
TIME: 6.00pm - 7.30pm (5.45 registration)
LOCATION: Staff Room, NAGLE Catholic College
Enquiries - Taryn Hicks on 9920 0526
or email hicks.taryn@ncc.wa.edu.au

Resilience is the ability to bounce back and keep going in the face of adversity.
This can only be learned by facing difficult experiences!

Resilient kids:
• are resourceful
• persist when faced with challenges
• are optimistic
• do better at school

This seminar will:
• explain some of the resources and coping skills that help children to deal with difficulties
• equip you with some simple tools for recognising and encouraging the strengths and supports in your child’s life that can assist them through times of transition and difficulty

About the presenters …

Cay Camden has an extensive background across a range of health and welfare areas and with Education Offices in the NSW school system. She has many practical strategies for supporting families and young people.

Taryn Hicks has over 15 years experience across a range of community settings, and is currently working as a School Counsellor at a private high school in the Midwest Region.

Find out more about Cay and Taryn at the Resilience Doughnut website:
www.theresiliencedoughnut.com.au