



Introduction to 'The Resilience Doughnut' The Secret of Strong Kids

***Meeting for Parents: Thursday 10th November 2011
Junior School Library: 6.30 pm – 8.00 pm***

Facilitator ~ Erin Patten: Member of the Resilience Doughnut Support Team

HOW MIGHT THIS HELP MY CHILDREN, MY FAMILY???

The Resilience Doughnut helps parents and carers find out ways to support children as they grow and change and face the inevitable difficulties that life sometimes brings.

'The Resilience Doughnut completely changed how I was approaching my kids. I was trying to help them by fixing the problem. Now I focus on their strengths and it really works. The flow on effect is evident in this change in attitude at school.' –
Parent of 2

**PLEASE DO COME ALONG AND FIND OUT MORE!
YOU ARE VERY WELCOME!**

www.theresiliencedoughnut.com.au