



BUILDING RESILIENCE IN CHILDREN

FREE PARENTING WORKSHOP PRESENTED BY LAEL STONE

Together with Colac Area Health, Regional Parenting is bringing our Colac community a family forum about building resilience in children.

Join us for an engaging and informative session designed to help parents nurture resilience in their children. Learn practical strategies to support and model behaviour to support your child's emotional wellbeing, confidence, and ability to navigate life's challenges.

We will explore:

- What is resilience
- How to support children through adversity
- Navigating anxiety and worry
- Helping our children find their power.



ABOUT LAEL STONE

Lael is an author, TEDx speaker, counsellor and parenting educator specialising in navigating trauma and disconnection in families. Lael has spent more than 20 years supporting families with children from infancy through to teenage years.

THURSDAY 22 OCTOBER

7.00pm.

VENUE

Colac Otway Performing Arts & Cultural Centre
95-97 Gellibrand Street, Colac.

BOOKINGS

To book, scan the QR code or visit Geelong.link/LaelStoneParenting

This is a free event but bookings are essential.

