

Raising Resilient Children



With mental health problems on the rise, it is important that parents and families are given the knowledge and tools to recognise if their child is experiencing mental health problems, what to do about it and how to raise resilient children.

Our no cost 1.5 hour workshop for parents of 2 - 10 year olds highlights:

What mental health and mental illness is

What mental health conditions look like children

COPMI (Children of Parents with a Mental Illness)

Emotional Check-ins

Mindfulness

Healthy Lifestyles

Date

Time

Location



helpingminds.org.au

Armadale | Midland | Whitfords | Fremantle | Rockingham
Mandurah | Broome | Perth | Carnarvon | Port Hedland
Kununurra | Geraldton

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