



2021 Dates



Self- Regulation & Building Resilience

Self- regulation and resilience involve the capacity to manage one’s self during times of stress and distress and be able to bounce back from life’s challenges and thrive. These skills are something children need lots of practice in and need your support and guidance to learn these essential life skills. This workshop will look at underlying factors of poor self-regulation and how they may affect your child, including the impact on their development of resilience. In addition, we will explore and practice strategies and skills to help regulate your children and improve their resilience and overall social, emotional and mental wellbeing.

Presenter:	Isabell Georgiou	
Venue:	Armadale	
Date / Time:	Tuesday 20 th April	9.30am- 2.30pm
Venue:	WEBINAR (2 part)	
Date / Time:	Thursday 22 nd July	10.00am – 11.30am
	Thursday 29 th July	10.00am – 11.30am
Venue:	Beechboro	
Date / Time:	Monday 18 th October	9.30am- 2.30pm

- ❖ Lunch is provided.
- ❖ Child minding is available, please advise when enrolling if you need this service.



To enrol please contact the Foster Carer Learning team on 08 9218 5500 or email fosterworkshops@communities.wa.gov.au

