



2022 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:	Keith Maine Centre (Beechboro)		
Date / Time:	Friday – 27 <sup>th</sup> May	9.30am- 2.00pm	
Venue:	Port Kennedy		
Date / Time:	Wednesday – 31 <sup>st</sup> August	9.30am- 2.00pm	
❖ 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 6277 4600 or email [fosterworkshops@communities.wa.gov.au](mailto:fosterworkshops@communities.wa.gov.au)

