

ONLINE HOT TOPIC



# Bright Thinking for Parents

COST:\$33  
(15% off for VPC members)

WHEN:On demand

WHERE:Online at [www.theresiliencecentre.com.au](http://www.theresiliencecentre.com.au)

**Contact Victorian Parents Council  
for membership discount!**

An optimistic thinking style is associated with higher levels of wellbeing and can protect people from developing depression or anxiety during times of stress.

This seminar will help parents apply an optimistic style of thinking to themselves as well as their children. This is an excellent introduction for anyone thinking of registering a child for our Bright Thinking program.

A COLLABORATION BETWEEN THE RESILIENCE CENTRE AND VICTORIAN PARENTS COUNCIL



[www.theresiliencecentre.com.au](http://www.theresiliencecentre.com.au) | [www.theresiliencecentre.com.au](http://www.theresiliencecentre.com.au) | [www.vicparentscouncil.vic.edu.au](http://www.vicparentscouncil.vic.edu.au)