



ONLINE PARENTING COURSE



Raising Resilient Children

COST: \$220
(20% off for VPC members)
WHEN: Monthly
WHERE: Online at www.theresiliencecentre.com.au

Contact Victorian Parents Council
for membership discount!

In this **4-week course** Parents will gain knowledge and tools to prepare their children to face the inevitable challenges that life bring. You will also have the opportunity to learn alongside other parents and share your wisdom with each other.

COURSE OUTLINE

Week 1: Understanding resilience. The Resilience Doughnut – practical applications

Week 2: Resilient and hope oriented language

Week 3: Social awareness and empathy

Week 4: Child management versus child raising (knowing the difference).

Awareness of the child's place in the world and practising gratefulness

A COLLABORATION BETWEEN THE RESILIENCE CENTRE AND VICTORIAN PARENTS COUNCIL

