

Come along to a Parent & Carer Presentation!



Building Resilience at Home Workshop

WHO'S INVITED?
Parents & Carers

Thursday 7 May, 2026
6.30pm - 7.30pm

WHERE?
In-Person Workshop

Mary MacKillop Auditorium,
Senior Campus

DURATION
60 minutes

www.trybooking.com/DLBLH
Book Your Seat Now

ABOUT THIS WORKSHOP

A whole school approach is key to supporting student wellbeing. This session is designed to **connect the classroom to home**, providing a consistency and common language for your child and family.

This workshop will promote positive wellbeing and will provide you with:



A knowledge of the TRP program and how it is run in your child's school.



Tips and strategies to support your child's wellbeing at home through the GEM principles.



Ideas on how to support your own personal wellbeing.

SCAN FOR MORE ABOUT
THE RESILIENCE PROJECT™

