



Salutegenics
presents

Parent Workshop

Understanding Resilience

Sessions

Monday 13th May 2024
Monday 3rd June 2024

7pm – 9pm

(registration, tea/coffee & light supper
from 6.30pm)

\$65.00

Clocktower Centre
Moonee Ponds

In this Parent Workshop: **Understanding Resilience**, we will explore the principles of resilience and how we can help our children develop this vital skill; advancing despite adversity.

We will discuss dysregulation, the RESET button, anxiety, and the concept of how brains are shaped by our experiences.

As part of this workshop, you will receive a comprehensive workbook packed with practical strategies and insights, valuable resources to enhance your knowledge and a certificate of attendance upon completion.

Don't miss out on this opportunity to enrich your skills and knowledge.

Register Now

Sessions

Tuesday 14th May 2024
Tuesday 18th June 2024

7pm – 9pm

(registration, tea/coffee & light supper
from 6.30pm)

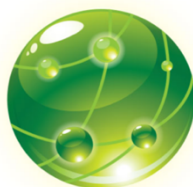
\$65.00

NEC Hangar
Tullamarine

*Maria Ruberto is a Psychologist and
Founder & Director of Salutegenics.*

*With over 30 years of clinical
experience, consultant to
hellodriven.com, Beyond Blue and
reachout.com.*

*Maria is a research partner to
Southern Cross University and
Swinburne University and co-designer
of Resilience First Aid – nationally
accredited resilience program*



salutegenics
psychology
National Mind Health Consultants

For further information or to register:

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