



PARENTS PROMOTING RESILIENCE

PREPARING YOUNG PEOPLE TO NEGOTIATE THE UPS AND DOWNS OF LIFE

This evening seminar will have a special focus for parents and others who support young people with a disability.

DATE: Monday 20th February 2012

TIME: 5.45pm – 8:00pm

LOCATION: – **Iron Bark Room,**

**Narellan Library Building,
Cnr Queen and Elyard Streets, Narellan.**

..you will also receive a brand new FREE transition resource

ENQUIRIES: 4620 3246 or email n.ison@uws.edu.au

BOOKINGS ESSENTIAL : [click here](https://register.eventarc.com/event/view/6975/tickets/parents-promoting-resilience) - <https://register.eventarc.com/event/view/6975/tickets/parents-promoting-resilience>

Resilience is the ability to bounce back and keep going in the face of adversity.

Resilient young people:

- are resourceful
- persist when faced with challenges
- are optimistic
- do better at school

Young people with disabilities often face particular challenges

This seminar will:

- explain some of the resources and coping skills that help them to deal with disabilities
- equip you with some simple tools for recognising and encouraging the strengths and supports in your teen's life that can assist them through times of transition and difficulty



About the presenter ...

Cay Camden has an extensive background across a range of health and welfare areas and with Education Offices in the NSW school system.

Cay has worked with families and presented workshops on the Resilience Doughnut model to staff, education professionals, parents and community members. She has many practical strategies for supporting families and children.