



Centacare

# Developing Resilience

**Resilience has been described as the ability to bungee jump through life**

**This course is for families experiencing separation**

This session identifies family strengths both yours and your child's.

Topics covered will include:

- What is it?
- How do you develop it?
- How do you know if your child is resilient?

This course will help develop positive ways to help yourself and your child deal with hardship and to develop self-awareness to understanding emotions and reactions. It will help to build existing strengths and goal setting for growth.



**Date and Time:**

Tuesday 10 March 2020  
10:00am – 12:00pm

**Venue:**

Centacare Level 2,  
45 Wakefield Street,  
Adelaide SA 5000

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)**

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

[www.centacare.org.au](http://www.centacare.org.au)