



# Armed for life

## Building Resilience in your Kids

This session is focused on the importance of a parent modelling resilience and dealing with problems in a healthy way, so children learn to do the same.



**Tuesday 9 October**



**5.30pm - 7.30pm**



**Rockingham Central Library**  
Dixon Road, Rockingham



**For Community Members**

**Bookings are essential and places are limited.**

To book please contact City of Rockingham  
on **9528 0333** or **customer@rockingham.wa.gov.au**.

## Free Workshop



rockingham.wa.gov.au

