

Parent Webinar

# Raising Confident and Resilient Kids

Supporting parents through the challenges of raising kids today

**Details:** On Zoom, Wednesday 20th May, 6:30pm (AEST)

Join us to explore strategies that help you to:



## Understand the Pressures Kids Face Today

Why school, friendships, and social life can feel so intense for kids now



## Spot the Early Signs of Belonging and Identity Struggles

How disconnection and self-doubt can show up as anxiety, withdrawal, or resistance to attending school.



## Build Confidence and Resilience Over Time

Practical ways to help kids cope, adapt, and feel more capable as they grow.

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