



# Building Resilience

**Workshop for Parents and Carers**  
*Providing practical activities to enable you to support your child*

**Wednesday  
19 March 2025  
at 7pm Virtually**  
<https://meet.google.com/qpi-qbpq-ngc>

In the ever-changing world we live in, it is vital that we support our children to develop a healthy self-efficacy and a toolkit to support them when dealing with challenges. In the workshop we will share our schools' approach to supporting our children through the 4Cs- challenge, confidence, commitment and control.

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