



FREE PARENTING FORUM

STRENGTH-BASED PARENTING: MAKE A POSITIVE DIFFERENCE IN YOUR KIDS

PRESENTED BY PROFESSOR LEA WATERS

We can't always protect our kids from the outside world, but we can build them up from the inside and make them psychologically strong.

Join us as Professor Lea Waters weaves together science and stories to provide an understanding of taking a strength-based approach to parenting.

Lea shows how you can become more strength-based and what benefits you can expect for your kids and yourself.

Strength-based parenting is linked to:

- Higher levels of life satisfaction, self-efficacy, and positive emotions.
- Lower levels of depression and anxiety.
- Better ability to cope with friendship issues and homework challenges.

This keynote presentation is suitable for parents, teachers, family therapists, or anyone working with children, parents and families.



**THURSDAY 27
FEBRUARY**

7.00pm–8.00pm

VENUE

Leopold Community Hub
31-39 Kensington Rd
Leopold

BOOKINGS

Sue Wells

swells@geelongcity.vic.gov.au
or 0429 291 955

This is a free event but bookings are essential.