



# RAISING RESILIENT KIDS

*This session will support parents and carers understand the benefits of the Resilience Doughnut as a strengths-focussed model and philosophy for young people and families*

**DATE:** Tuesday 9th February

**TIME:** 6.30pm

**LOCATION:** Staverton Kindergarten  
43 Twickenham St,  
Chelmer

**RSVP:** [staverton.speaker@gmail.com](mailto:staverton.speaker@gmail.com)

**All Welcome**

## About the presenter

*This workshop will be facilitated by Sarah Broderick .*

*Sarah is currently working towards becoming a Resilience Doughnut endorsed trainer.*

*Find out more about the Resilience Doughnut model at*

*[www.theresiliencedoughnut.com.au](http://www.theresiliencedoughnut.com.au)*



*"Combining Strengths to Thrive"*

This workshop will introduce parents to a strengths-based model for building resilience, called the Resilience Doughnut.

The Resilience Doughnut

- Is based on both Australian and International research.
- Combines both the internal characteristics of an individual and the external influences that promote or encourage their resilience to develop.
- Is relevant, helpful and simple to use.
- Is used by practitioners all around Australia, and other countries overseas.