

Growing resilient children

Presented by Kathryn Berkett

Rewa Rewa school hall

18 Padnell Cres, Newlands

6.30-8pm. Friday 16th August

In today's high stress society, children need to have emotional resilience more than ever before. Come and see Educational psychologist, Kathryn Berkett, unpack the neuroscience surrounding what it is to be 'emotionally resilient'. You will begin to understand why our children sometimes 'meltdown', and gain practical strategies to handle these moments in a calm manner.

Tickets are \$20 and available from [eventbrite.co.nz](https://www.eventbrite.co.nz) (search growing resilient kids)
All proceeds will go towards our Junior school playground.

There will be baking available for purchase during the evening.

