



# Building Resilience at Home for Parents/ Carers

**AUDIENCE**  
Parents & Carers

**TIME & DURATION**  
60 minutes

**FORMAT**  
In-Person Workshop

## ABOUT THIS WORKSHOP

As we know, a whole school approach is key to supporting student wellbeing. This session is designed to **connect the classroom to home**, providing a consistency and common language which promotes positive wellbeing throughout your community.

This workshop will provide Parents/ Carers with:



A knowledge of the TRP program and how it is run in your school.



Tips and strategies to support their child's wellbeing at home through the GEM principles.



Ideas on how to support their own personal wellbeing.