

Parent & Carer Hub

When supporting your children's mental health,
we know the best outcomes happen when we
work together and **practise**.

Head over to our **Parent & Carer Hub** to learn
more about the **evidence-based strategies** being
taught in the classroom, so you can enhance
their impact at home. You'll find activities you can
practice to support your family's wellbeing.



Click here or scan this QR code to learn
more about our **Parent & Carer Hub**.



To learn more about The Resilience project, head to:



The Resilience Project



The Resilience Project



theresilienceproject.com.au