

WELLBEING AND EMOTIONAL SUPPORT TEAMS

We are talking about:

What is resilience and
why is it
important?

What is self-esteem and
why is it important?

What can you do to
support your child in
building their
resilience and self-
esteem?

Who else can help.

Parent Workshop

Building Resilience & Self- Esteem in your child

**Where:
Westacre Middle School**

When: Tues 17th March

Time: 09:00am

**Find out what
WEST has to offer:**

www.camhs.hacw.nhs.uk/west

Please email us or let school
know if you have any
accessibility needs

