

1 March 2023

Dear Parents and Parent Liaisons,

RE: The Resilience Project Parent & Carer Presentation

Martin and the TRP Team are so looking forward to the online Parent & Carer presentation (with other schools) on **Thursday 23 March from 6.30 – 8.00pm (90 minutes) AEDT**

What you can expect.

Through emotionally engaging stories and practical strategies, this session will help parents and carers understand the benefits of letting go of shame, perfection, ego and control. It will combine powerful research with candid storytelling, along with a few laughs to help support what is arguably the toughest job in the world... being a parent or carer!

Why a Parent & Carer presentation?

When building positive mental health in schools, we know the best impact happens when we work together.

The 'Authentic Connection' presentation helps do just that by sharing those same evidence-based strategies being taught in the classroom, so they can also be practised at home and beyond. Attendees will also be reminded of the importance of their own wellbeing - we bring the best versions of ourselves to our family and community, when we make time to look after ourselves.

Parents and Carer will need to register for the webinar using the following link:

<https://us02web.zoom.us/meeting/register/tZMkfuiqD8qE9W3e5ySVSZgpLSwgmocjYTi>

Please note that this presentation will be recorded for those who are unable to attend or would like a recap.

Please contact Ms. Olivia Rahme via email or@ags.vic.edu.au if you have any queries regarding the presentation. Otherwise, we look forward in welcoming you to this presentation.



Yours sincerely,

Olivia Rahme
Head of PE, Sport and Health P-12