

Ever ask your child how their day was and all they say is, “Good”?



HACK YOUR HAPPY CHEMICALS

RAISING RESILIENT CHILDREN

RESILIENT KIDS WORKSHOP

This course is full of fun activities for you and your child to work through together. Help your child:

1. Find the words to discuss their internal world with you
2. Become active managers of their own mental wellness
3. Become aware of their stress levels
4. Mindfulness
5. Understand the four basic brain chemicals and how they impact our feelings, thoughts and behaviour
6. Learn about their natural happy chemicals and how to release them in healthy ways.

To register please email Charlottellery@gmail.com or call 0478091189 for more information.

Resilient Kids Parent Child Workshop

4 Week Course
**Location: North
Beach Primary
School**

Term 4 Week 2-5

DATES: Oct 16, 23, 30, Nov 6

Day: Monday

Time: 5:45 – 6:30pm

**Price: \$120 (includes
one parent and one
child for the full
course. All resources
included)**

www.thedisciplineofbliss.com



Charlotte Ellery

Master of Education.
Deputy Principal.
Curriculum Writer.
Emotional Intelligence

Coach. Teacher. Presenter. Mum.

Geniene Mairata

Health Promotion
Officer. Workshop
Presenter. Counselling
Diploma. Autism
Support. Crisis
Intervention Support
Advisor. Mum.

