

RESOURCES FOR RAISING RESILIENCE

The Raising Resilience Course is a brand new resource designed to be the reset that so many families need with their teens.

Parents can register to take the course and join thousands of other families in a nationwide launch on 1st October for Mental Health Month. From the 1st October, the course will start by inviting parents to watch a short 3-4 minute video, and take the daily action step. We've called these action steps the "daily challenge" and it's a really practical step toward positive change. The course is 10 Days, 10 Steps.

Sessions include:

⇒ The #1 way to build a strong mind

⇒ How to break through quitting points

⇒ The power of a Screen Detox

⇒ Moving from weaknesses to strengths

+ more!

By the end: Parents and students will have done something positive and developed new skills and strategies for anxious thoughts and facing hardship.

Click here for more information

Are you juggling life in lockdown with being a parent, homeschooling, or working from home? If yes, you may find some helpful links in this 'where to' guide, when you can't go anywhere. Here you will find a list of resources, groups, and activities that you can participate in both online and offline from home or in your neighbourhood.

We hope they bring inspiration and fun to the day for you and your family.

Mrs Donna Schatzman

Copyright Thomas Hassall Anglican College. All Rights Reserved. 125 Kingsford Smith Ave, Middleton Grange NSW 2171

Copyright Thomas Hassall Anglican College. All Rights Reserved. 125 Kingsford Smith Ave, Middleton Grange NSW 2171