

BUILDING A  
*Resilient life*  
FOR YOU AND YOUR CHILDREN  
*with Collett Smart*

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WEDNESDAY 16 JANUARY @ 10:30AM

Parenting can be fun and exciting, but new challenges can also feel overwhelming. How can we support our children to become who they are created to be?

Collett Smart, a Christian psychologist, teacher and writer, discusses:

- How we might harness the resilience factors within each child
- What kids want and what they need
- Talking to kids about taking their resilience online
- Tips for enhancing your relationship with your kids/teenagers.

Collett's new book – *They'll Be Okay: 15 Conversations to Help Your Child Through Troubled Times* will also be available.

LOCATION

**Pennant Hills Baptist Church**

Corner of Ramsay Rd &  
Rosemount Ave, Pennant Hills

FOR MORE  
INFORMATION

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