

# Resilient Child Workshop 8-12yrs



*“coaching children  
in managing  
challenges, stress  
and adversity in their lives”*

**Saturday 18th June**  
10.00am to 3.00pm

Resilience is the ability to bounce back from difficult experiences. It is the process of adapting well in the face of adversity, trauma and even significant sources of stress. It is the capacity to face, overcome and be strengthened by adversities experienced in life.

## **Internal factors that contribute to resilience can be learned.**

This Resilient Child Workshop will help children develop tools and techniques that foster their own resilience. This programme is designed for 8-12 year olds. The course is delivered in a confidential, gentle and fun way within a safe and nurturing environment. Given the knowledge base of the programme facilitators it is especially relevant for children who have been affected by alcohol related issues in their family of origin.

Course Leaders:

*S. Olofsson CPsych. and G. Ward Art Therapist and Facilitator*

**BOOKING IS ESSENTIAL**

**Website: [www.thehanlycentre.com](http://www.thehanlycentre.com)**

**Phone: 012809795**

To book please complete and return the application form overleaf



# Booking Form

Resilient Child

Workshop

8-12yrs

Saturday 18th June

10.00am to 3.00pm

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

Name of Child: \_\_\_\_\_

Age: \_\_\_\_\_

Fee: 40 Euro per child for this full day workshop.

A sliding scale is also available. Please do not hesitate to contact the Centre for further information.

## Booking is essential.

With this booking form please send a cheque made payable to 'The Hanly Centre' and post to

The Hanly Centre  
The Mews  
Eblana Avenue  
Dun Laoghaire  
County Dublin.  
012809795

Thank you.

