Positive Parenting

Raising Resilient Girls

At St Aloysius College, we work in partnership with families.

The opportunity to attend the following session with Maria Ruberto, is evidence of this partnership.

This session will deliver practical information and provide you with a deeper understanding of how to raise a more resilient girl.

This session will be conducted by Maria Ruberto:

Maria is the founder and director of Salutegenics Psychology, a strengths-based practice that moves people in personal and professional coaching toward mental fitness and life-health. Maria’s work is heavily influenced by Positive Psychology theory. Maria is a psychologist with over 20 years experience in working with children, adolescents and adults within the Mental Health framework.

Wednesday June 1st, 6.30 to 8.00pm
at St Aloysius College, North Melbourne

This session will cover:

- Understanding stress and the stress response
  - The signs and symptoms of distress
  - 7 Proactive factors of resilience
- Simple tools and strategies you can implement at home

Please register your attendance at www.trybooking.com/201245

A gold coin donation will be collected at the door
St Aloysius College: 31 Curran Street, North Melbourne