



## How to help our kids through tough times...

Every family faces tough times and this is hard for parents and kids. Sometimes, these will have a small impact on our kids and sometimes, they have a huge impact.

We may wonder how our kids are affected by stressful life events? What can parents do to deal with the emotional outbursts and behaviour that may result? How can parents support their kids and talk with them about difficult issues?

Nicola and Velissa from the TRUST project are running a session on how parents and carers can support their kids when families are facing difficult times. The team from the TRUST project have been working with our school all year so we can better support kids who experience really difficult things in their lives, and are keen to support our families as well.

**WHEN:** Thursday 7th September 6.00 – 7.30pm

And Repeated on Friday 15<sup>th</sup> September 9.15 – 10.45am

**WHO:** Nicola Palfrey and Velissa Aplin, TRUST

***Refreshments & childcare also***

***provided if needed***

ALL parents and carers welcome!!

**Please RSVP to [office.sttapkambah@cg.catholic.edu.au](mailto:office.sttapkambah@cg.catholic.edu.au) by Tuesday September 5th.**

