

**YARRA VALLEY HEALTH PROMOTING SCHOOLS
FREE PARENT AND COMMUNITY FORUM - JUNE 20TH 2019**

Raising resilient kids – how to support the resilient mindset at home and at school



with

165 people attended the forum

who was there?

- 82% were parents
- 24% were teachers
- 9% were health professionals
- 34 schools (including primary, secondary and early learning centres were represented on the night – from as far afield as Croydon).



Andrew Fuller

Author, Clinical Psychologist and Family Therapist on developing resilience and managing anxiety.



The outcome

89% Found the forum useful

84% Increased their understanding of how to raise resilient kids

40 people expressed interest in attending another session run by Eastern Health's Child and Family counsellor **Fiona Sedgman**

17% Would like more information on healthy eating

19% Would like more information on promoting Respectful Relationships

21% Would like more information on physical activity

What inspired the attendees?

"Andrew was engaging and delivered information in an easy manner that could be easily understood"

"Andrew Fuller was great! I'm also so impressed by the work being done in Primary Schools!"

"[it inspired me to] build [a] better stronger relationship and understanding with my son"

"It inspired me to start more discussion in my family"