



LEAD
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Building a Resilient Community

The start of 2020 has been one of the most challenging times we have experienced. It is important that those working in the community are able to care for themselves whilst they care for their community. This online workshop will provide opportunities to learn about the brain and body's response to stress and how we can look to increase our own and our client's resilience.

REGISTER NOW! PLACES ARE STRICTLY LIMITED TO ENSURE THAT YOU EXPERIENCE A HIGH LEVEL OF ENGAGEMENT AND INTERACTIVITY.

Learning Outcomes:

- Increased knowledge of the neuroscience of stress and anxiety;
- Increased confidence and skills in explaining the impact of stress and anxiety on our child and adult clients; and
- Practical strategies that workers can use with their clients.

Facilitated by Angharad Candlin – Angharad is a Registered Psychologist, Board Authorised Supervisor and Adjunct Fellow with Macquarie University's Department of Psychology. She has been practising for nearly 30 years and has always worked with children, adolescents and parents. She is the lead author of two, internationally recognised parenting programs; Keeping Kids in Mind and My Kids and Me. My Kids and Me also achieved Gold Standard Accreditation with the Institute of Group Leaders and won the CSSA Award for Most Innovative New Program in 2014. She trains, supervises and mentors practitioners in a number of areas including parent coaching, working with trauma and group facilitation skills. She regularly speaks at conferences and parenting events and is called on for comment by the media regarding parenting issues.

To participate in this event you must have access to a PC with video capabilities and a reliable internet connection.

AN INITIATIVE
FUNDED BY



Communities
& Justice



Date

Thursday
24 September 2020

Time

9.30am - 12.30pm

Session will open 10 minutes before to enable you to test your audio & visual settings.

Modality

Online via Zoom

Facilitator

Angharad Candlin

Cost

Members: **\$40.00 + GST**

Non-members: **\$55.00 + GST**

Contact

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Code

WS2105



Register on our website www.leadpda.org.au

Register Now!