



Building Resilience at Home

Empowering families, strengthening schools.

When parents and carers feel supported, they're better equipped to reinforce wellbeing at home. This workshop helps to create a consistent and connected environment that strengthens student wellbeing and builds a more resilient school community.

What to expect

This one-hour workshop helps connect the classroom with home by providing:



An explanation of our GEM+EL principles and key benefits of practising these daily for parents and carers to understand the positive impact they have on wellbeing.



Practical tips and strategies for parents and carers to support their child's wellbeing at home through the GEM principles.



Simple strategies for parents and carers to support their own mental wellbeing.