

# Life can be tough – Bend don't break

Lifetime wellbeing has been linked to resilience. Resilience is not a matter of being tough in every circumstance and it is not a trait that is inherited.



This workshop explores:

- How resilience contributes to your health and wellbeing
- Practical ways to enhance your resilience

**Date:** Monday 30 November 2020

**Time:** 12.30pm to 2.30pm

**Venue:** Child and Parent Centre – Gosnells,  
173 Hicks Street, Gosnells (access via Clara Street)

**To register:** Call 9398 8720 or email: [CPCGosnells@centrecare.com.au](mailto:CPCGosnells@centrecare.com.au)

Crèche available.  
Bookings Essential

Supported by: