

CatholicCare Wilcannia-Forbes presents

RESILIENT KIDS WITH DR JUSTIN COULSON



Resilient Kids

*Building Stronger Kids
Through Life's Challenges*

PARENTS SESSION



FREE

Monday March 2, 2026

5:30-7pm

Narromine High School

Everyone welcome

RSVP via QR code:



In the *Resilient Kids* presentation, Dr Justin Coulson challenges the idea that childhood should be free from stress and struggle. He argues that challenges are essential for growth and that parents can empower their children by allowing them to experience developmentally appropriate adversity while providing the right kind of support to help them overcome it. *Hear from Dr Justin Coulson about this talk on our YouTube page.*

For more information, contact us
on **1800 067 067** or ccwf.org.au



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