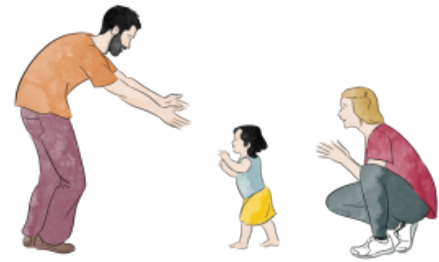


The role of family wellbeing on your child's positive outcomes



Let's explore how to shift from survival to thriving mindset with the PERMA framework

Parents often think focusing on their child is more important than looking after themselves—but that's not true! Join us for a practical workshop on how prioritising your wellbeing also leads to positive changes for your child.

Sometimes parents can get stuck in survival mode. Learn how to shift to a flourishing mindset through applying PERMA, an evidenced-based framework for wellbeing. Discover how reflection and applying simple actions can achieve greater happiness for the whole family.

Come along to learn more about:

- The connection between parental wellbeing and positive child outcomes
- Small shifts that start positive change
- Moving from survival mode to a flourishing mindset using practical tools
- PERMA, an evidence-based framework to improve wellbeing
- An activity that provides an experience of positive change in your wellbeing

Cost

Free

Date and time

Thursday 7 September

7.30pm to 9.00pm* AEDT/NSW time

**[Make sure to adjust to your time zone](#)*

Location

Online via Zoom

This session is for

Parents, primary carers and family members of children with disability, delay or developmental concerns aged 0-8 years.

More information

For more information see the event page or feel free to email mana@plumtree.org.au

The 'Let's talk about..' sessions are designed by families for families to discuss various topics and learn together. The sessions are facilitated by trained parent-peer workers raising a child with developmental delay or disability. Guest speakers might also be invited.

Register your interest

plumtree.org.au/event/lta-successful-parent-professional-partnership



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