

# WHERE THERE'S A WILL STRENGTH SWITCH FAMILY FACILITATION PROJECT

## THE STRENGTH SWITCH PARENTING COURSE

- developed by Prof. Lea Waters (PhD),  
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University of Melbourne



How can you help your children to thrive by drawing on what's best in you?

Strength-based parenting provides us with evidence based strategies to do this. It helps our children to understand themselves and their strengths better, helping them to navigate life's ups and downs.

## SCONE - Bookings Essential

When: Week 1 commences online Week 3, 28 November 2019.

Where: St Marys Primary School, Short Street Scone.

RSVP email: [eloise.hand@mn.catholic.edu.au](mailto:eloise.hand@mn.catholic.edu.au) or phone 0409 417 202.

The first face-to-face 90 minute session will be held in Week 4 of Term 4 (Wednesday 6 November). Each face to face workshop will run from 6pm-7:30pm.

The course runs over 8 weeks and will be structured in the following way:

Week 1	Understanding Strengths	Online
Week 2	Workshop 1	Facilitated Scone (TBC) 6/11/19
Week 3	Seeing Strengths	Online
Week 4	Workshop 2	Facilitated Scone (TBC) 20/11/19
Week 5	Using Strengths	Online
Week 6	Growing Strengths	Online
Week 7	Workshop 3	Facilitated Scone (TBC) 11/12/19
Week 8	Celebrating Strengths	Online

# FREE

[www.strengthswitch.com](http://www.strengthswitch.com)

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