



BRIDGE BUILDERS® PREP - YEAR 6 PARENT WORKSHOP

Skills to help your child deal with everyday conflict and bullying.

Conflict is a part of everyday life. Conflict is often unpleasant, and when unresolved or resolved poorly it can be harmful or lead to **bullying**. It can also cause emotional distress, anxiety and reduce your child's ability to achieve their best in learning and to build healthy friendships. How conflict affects your child/ren largely depends on how they respond to it. Few of us have been equipped in how to handle conflict well. The BRIDGE BUILDERS® is an, explicit skills based conflict resolution program that empowers children for life.

Jocelyne Chirnside MEd (Hons) DipT JP is an author, parent, and expert in equipping children with life skills. She uses her research and 30 years as a teacher and Social Emotional Learning consultant in over 90 schools to share insight in:

- **the difference between conflict and bullying**
- **how to empower children to be resilient**
- **practical and easy-to-use skills to resolve conflict and reduce bullying**

7.00pm - 8:30 pm
Wednesday 31st May

**Type location of meeting
here.**



For more information about the program:
www.EmpoweringLifeSkills.com.au
<https://vimeo.com/album/4425004>