building resilient families tour 2016

**CAIRNS**

Cairns Wellbeing Centre

Pat Gosper Place

Cnr Lake & Grove Streets, Cairns

**Monday 25th to Friday 29th of JULY**

***All seminars are 100% subsidised by the Tim Fairfax Family Foundation***

**Expression of Interest Form**

Please complete the form below and return via email to [community@pathwaystoresilience.org](mailto:community@pathwaystoresilience.org) no later than the 18th of July to secure your place at these fully-subsidised workshops.

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| --- | --- | --- |
| Name | |  |
| Organisation/Address | |  |
| Email Address | |  |
| Phone Number | |  |
| **Please Indicate the session you would like to attend by placing a tick in the left hand column.** | | |
|  | Monday, 25th July - 6.00pm to 8.30pm **(training will be at Cairns City Library)**  Tuesday, 26th July – 8.00am to 1.00pm  Thursday, 28th July – 8.00am to 1.00pm  **Wings – Social and Emotional Wellbeing in Early Years** | |
|  | Monday, 25th July  4.00pm to 5.30pm  **Looking Beyond Behaviour** | |
|  | Tuesday, 26th July  4.00pm to 5.30pm  **Principles of Resilience** | |

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|  | Tuesday, 26th July  6.00pm to 7.30pm  **An Introduction to Mindfulness** |
|  | Wednesday, 27th July  4.30pm to 6.00pm  **An Introduction to Neuroscience** |
|  | Wednesday, 27th July  6.30pm to 8.00pm  **How to Deliver the “Brain Talk for Kids”** |
|  | Thursday, 28th July  4.00pm to 5.30pm  **An Introduction to Growth Mindset** |
|  | Online Training - **Fun FRIENDS Facilitator Training (4 to 7 years olds)**  **FRIENDS Foundations** – Wednesday, 17th August – 3.30pm to 5.00pm  **Fun FRIENDS Part I** – Monday, 22nd August – 3.30pm to 5.30pm  **Fun FRIENDS Part II** – Monday, 5th September – 3.30pm to 5.30pm |
|  | Online Training - **FRIENDS For Life Facilitator Training (7 to 11 year olds)**  **FRIENDS Foundations** – Wednesday, 17th August – 3.30pm to 5.00pm  **FRIENDS for Life PartI** – Tuesday, 23rd August – 3.30pm to 5.30pm  **FRIENDS for Life Part II** – Tuesday, 6th September – 3.30pm to 5.30pm |

**PLEASE EMAIL THIS COMPLETED FORM TO** [**COMMUNITY@PATHWAYSTORESILIENCE.ORG**](mailto:COMMUNITY@PATHWAYSTORESILIENCE.ORG)

School Visits:

Brain Talk for Kids and Using the Brain for Happiness are available throughout this week and are free of charge to all schools.

Please see booking form to secure your place. These fill very fast so please do not hesitate.

**All these seminars and talks are completely free of charge thanks to the Tim Fairfax Family Foundation**