



LOWER NORTH SHORE
**CHILD & FAMILY
INTERAGENCY**

FORUM 2019

Wednesday 12th June 2019

SUPPORTING RESILIENCE IN CHILDREN AND FAMILIES



Details

Date:

Wednesday
12th June 2019

**Registration &
lunch:** 12pm

Seminar:

1–4:30pm

Venue:

Zenith Theatre
Cnr McIntosh &
Railway St,
Chatswood

Cost: \$40

(\$39.50+ 50c booking
fee. Includes light lunch
& afternoon tea)

Register:

[www.trybooking.com/
BCHWI](http://www.trybooking.com/BCHWI)

RSVP:

Bookings close on
Wednesday 5th June

All welcome

Further Info

Please contact
[Inscfinteragency@
gmail.com](mailto:Inscfinteragency@gmail.com)



Health
Northern Sydney
Local Health District

Relationships Australia.
NEW SOUTH WALES

CatholicCare
Diocese of Broken Bay

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Supporting resilience in children and families

Resilience is the ability to 'bounce back' from life's difficulties. For young people it is vital to help them develop resilience building strategies that support and promote well-being. Resilient people are seen as resourceful and are emotionally and mentally balanced. Half of all serious mental health problems begin before the age of 14. We also know however that early intervention to address difficulties can improve the chance of long-term mental health and wellbeing.

This forum is about developing our understanding and awareness of building resilience skills in children, families and ourselves to support our ability to cope with the inevitable challenges we are likely to experience in life. Professionals and community members who are aware of protective factors, and supporting resilience in people will be able to create opportunities daily to help children and families develop their social and emotional skills to grow into resilient adults.

THEY'LL BE OKAY– Collett Smart

Collett Smart is a psychologist, qualified teacher and author of newly released, 'THEY'LL be OKAY: 15 Conversations to help your child through troubled times.' (Hachette) Collett will be sharing about the theory and practice of developing and supporting resilience in children and families.



Collett Smart

Psychologist, Author, Speaker

Collett has more than 20 years' experience working in private and public schools, as well as in private practice. She appears regularly on national television and radio, as an expert in teen and family issues. Collett has taught and delivered psychology workshops and seminars around the world. She is an Ambassador for International Justice Mission Australia and is mum to 3 children, aged 11, 16 and 18 years old.

Helen Tozer will be sharing about her lived experience of building resilience in herself and her family as they have navigated multiple country's, systems and challenges to access the services and support needed.



Helen Tozer

Originally from Sydney, Helen studied early childhood development at Macquarie University. She spent 15 years working in humanitarian aid in Hong Kong, which included volunteer management, facilitating experiential education programs, and staff training. Following courses at Harvard in communications and nonprofit management, Helen co-founded a family support charity, Fragile X Hong Kong. She has spoken internationally and locally on her experience with parenting a child with complex learning needs. Helen lives with her Guinness World record holder husband, Mike, two children and enjoys coffee and running.

Public Transport and Parking

Chatswood Train Station and Buses are a very short walk from Zenith Theatre.

Parking is \$8.00 for guests. Patrons must take a ticket from the machine at the car park boom gates up into the theatre for validation and payment, otherwise it will be levied at the full rate on exit by Secure Parking.