



Hawkesdown House School

Kensington

Top Tips to Promote & Nurture Resilience Nursery Parent Masterclass

Dr. Sarah Wilson, Dr Fiona John and Dr. Kate Robinson, Chartered Clinical Psychologists

RAISING RESILIENCE MISSION

“For mental health to be part of our everyday conversations just like physical health”

How do we
stay physically
healthy?

Sharing practical resiliency
skills to all!

How do we stay
mentally healthy
& resilient?



www.raisingresilience.co.uk

RAISING RESILIENCE AT HAWKESDOWN HOUSE SCHOOL

As qualified Clinical Psychologists, the Raising Resilience team are passionate about sharing psychological knowledge and up to date research in an engaging and practical way to help you promote the resilience of your child.

We are delighted to be extending the Raising Resilience Programme at Hawkesdown House to include a Masterclass for parents of nursery age children. For top tips and take away ideas to help you raise your little ones resilience for the future, please join us.

THURSDAY 1ST NOVEMBER AT 6.30 PM

To reserve a complimentary place, please contact the School Office on 0207 727 9090.

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