



HAWKESDOWN HOUSE SCHOOL
and **THE WALNUT TREE NURSERY**
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 emotional health to be part of our everyday conversations just like physical health.”

Sharing practical resiliency skills to all!

This meeting will discuss strategies to help your child get to sleep in a timely way, and how to manage any anxieties that arise at times.



Raising Resilience
BUILDING CONFIDENCE AND EMOTIONAL
RESILIENCE IN CHILDREN AND YOUNG PEOPLE

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 6TH JUNE AT 6.30 PM

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

27 Edge Street, Kensington, London W8 7PN
Telephone: 0207 727 9090 Email: admin@hawkesdown.co.uk www.hawkesdown.co.uk