

Wiltshire Wellbeing Team - CAMHS,  
would like to invite you to an

**Information & Advice Session on:**

**'Building Emotional Resilience in our Children'**

- \* What is resilience and why is it important?
- \* How does resilience affect behaviour and emotional well-being?
- \* Building resilience, strategies and ideas.



**Wednesday 27<sup>th</sup> March 2019**

**St Johns Place, Lower Bemerton,**

**1.00 - 3.00pm**

**Salisbury SP2 9NP**

**If you would like to attend, please contact**

**Debbie Newman on 07752158827**

***We look forward to welcoming you!***

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