

Dr Justin Coulson is back!

31ST AUGUST AND 1ST SEPTEMBER 2022

To share with us his wisdom and advice about the issue of

Anxiety and Resilience

The Federation of P & F Associations is very pleased to provide this FREE opportunity to the parents and carers of children and young people enrolled in our Catholic schools.

Dr Justin Coulson is the co-host and parenting expert on Channel Nine's Parental Guidance, the founder of happyfamilies.com.au, and one of Australia's most trusted parenting experts.

Over the past decade he has helped innumerable families with his 6 books about raising children, his hundreds of media appearances (including all of Australia's major news outlets, and even the Washington Post and the New York Times), and two viral videos that have been viewed a combined 80 million times!

Justin earned his PhD in Psychology from the University of Wollongong. He and his wife Kylie have been married since the late 1990s and are the parents of 6 daughters.



ANXIETY & RESILIENCE FOR PARENTS/CARERS OF PRIMARY SCHOOL STUDENTS

DATE Wednesday 31 August 2022

TIME 6.30pm start – 8.00pm

VENUE Via Zoom

COST Free

To receive the link for this event, [click here](#)

ANXIETY & RESILIENCE FOR PARENTS/CARERS OF SECONDARY SCHOOL STUDENTS

DATE Thursday 1 September 2022

TIME 6.30pm start – 8.00pm

VENUE Via Zoom

COST Free

To receive the link for this event, [click here](#)