

Unlock your children's potential with Dr Lea Waters

As a strength-based scientist for more than 20 years, Dr Lea Waters has seen how Strength-Based Parenting enhances self-esteem and energy in both children and teenagers – and how parents find it an exciting and rewarding way to raise them.

With many suggestions for specific techniques to interact with your children, Dr Waters demonstrates how to discover their strengths and talents, use positive emotions as a resource and how to talk about difficult situations and emotions.

**Find out more at the launch of
The Strength Switch**

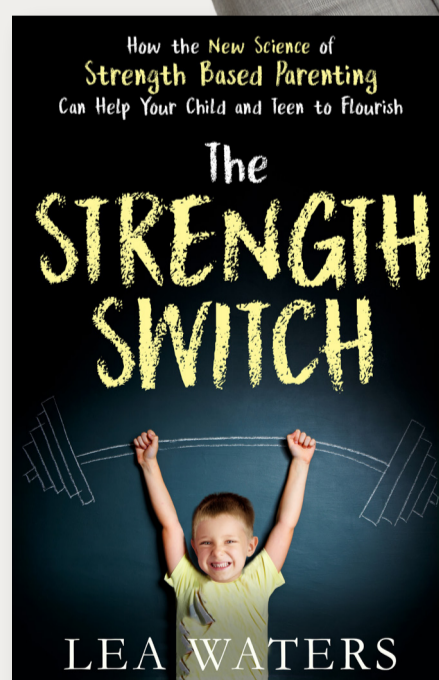
Thursday 22 June 6.30pm

Ravenswood School for Girls
Lorraine Smith Auditorium,
Henry St, Gordon

Free Community Event

Bookings essential at
www.trybooking.com/QCFN

Enquiries: 02 9498 9828



Ravenswood

Ravenswood School for Girls | Henry Street, Gordon NSW 2072