



Join us for an empowering talk

Raising resilient children with **Alicia Drummond**

During this talk we will explore the four pillars of resilience, the role of risk in building resilience, and how parents can create environments which give children the qualities and skills they will need to overcome the challenges and vicissitudes of life.

Alicia Drummond

BACP Accredited Therapist and
CEO of The Wellbeing Hub



**AMPLEFORTH
COLLEGE**

Thursday 1st October, 7-8pm

CLICK HERE

to join on zoom

