

# FINDING THE WORDS:

## CONVERSATIONS THAT BUILD RESILIENCE IN YOUR CHILD

Join **Open Parachute & The Adelaide Crows Foundation** for a complimentary venue tour and presentation for parents, guardians & caregivers.

Join **leading child and adolescent Clinical Psychologist Dr Hayley Watson** for an in-person (and online) event that aims to help parents, guardians, and caregivers learn the most effective conversation tools for **building resilience** in children and adolescents.

Dr Watson will focus on communication strategies that will help you **equip your child** with the tools they need to overcome **trauma** (e.g., droughts), **peer challenges**, and **stress**.



### Key Takeaways:

- ✓ Learn strategies for **communicating effectively** with your child
- ✋ Understand how to help your child **overcome challenges**
- 🧠 Increase your skillset for responding to your **child's emotions**
- 🤝 Acquire a practical framework for **building resilience** in your child

**Date:** Thursday, 18 September 2025

**Venue:** Adelaide Football Club, 105 West Lakes Blvd, West Lakes

**Crows Venue Tour:** 6 pm ACST

**Presentation:** 6:30-7:15pm ACST (Plus Q&A 7:15-7:45pm)

*Refreshments provided.*

**REGISTER NOW**

Scan the QR Code to Register

