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Helping your child to become a

Highway Hero

along The Highway of Life

We’re all travellers along life’s busy highway – some ups, downs and detours along the way. Helping your child to learn the **skills to grow their resilience factors**; to be a good friend – and to have good friends too, to know how to stick up for themselves and how to manage those big feelings when they settle in, will help them zoom along towards being self-accepting, happy and flourishing.

Come along and join in finding out about the Highway Heroes program that will teach your child these skills and how you can use the Highway Heroes language of wellbeing in your home.

Highway Heroes is a research-based Social and Emotional Learning (SEL) curriculum developed by Helen Davidson and Claire Orange, drawing on a collective 60 years of clinical experience with hundreds of thousands of children and their families. It’s used in hundreds of schools around Australia – and around the world too! Highway Heroes teaches children fundamental skills for social, emotional and learning wellbeing and comes with its very own language. It’s fun, practical and inclusive and we’re looking forward to sharing it with you.

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| **Come along and meet Claire**  *A person smiling for the camera  Description automatically generated with low confidence*  *Claire is the co-author of Highway Heroes and a long-term therapist. She is passionate about good parenting, children packed full of life-ready resilience and systems that support holistic development.* |  | **You’re invited**  **When:** Wednesday 11 August  **What time:** 6.45-7.30pm  **Where:** School Library  **RSVP:** [admin@stthomas.wa.edu.au](mailto:admin@stthomas.wa.edu.au)  Babysitting available |