

EXCITING NEWS - DR JUDITH LOCKE IS COMING!

Help your child become confident and capable

We are excited to announce that Clinical Psychologist, Dr Judith Locke, is offering a parenting session to parents of students at our school. In this session, Judith uses latest research and clinical experience to show practical, positive, and effective strategies parents can use to help their children become more resilient and motivated at school and in their schoolwork, help them build on their strengths, and assist them to cope with the developmental changes of different ages and stages while maintaining family harmony.



This session will be offered on:

THURSDAY, 17th August at 7pm – 8.30pm in the Jerrabomberra School Hall.

This session is for parents only and children will not be able to attend.

About Dr Judith Locke

Dr Judith Locke, the founder of Confident and Capable, is a clinical psychologist, and former school counsellor, teacher and workplace trainer. She is the author of two parenting books, *The Bonsai Child* and *The Bonsai Student*.

Judith has a successful private practice in Brisbane and also trains throughout Australia and internationally on topics related to parenting, resilience, and psychological wellbeing. Her psychological commentary features regularly in the media, including a weekly parenting column for The Sunday Mail. She believes providing useful information to parents early on will ensure a long-term positive impact on children and families and prevent or minimise future problems.

*We encourage parents to attend this P&C funded event. **FREE** to Jerra parents!*

Judith Locke is a renowned teacher, psychologist, school counsellor and author whose advice is valued by many. Come and hear her wisdom especially after the years we have had recently.

Guaranteed you will not be disappointed and that you will gain tips to help your child succeed in school and life in general and to assist your skills as parents.

Please book a spot. We need to set out enough chairs.

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RETURN or email the school – jerra-p.school@det.nsw.edu.au

☐ Yes, I / we will be attending the **JUDITH LOCKE EVENT** at the JPS School Hall on Thursday, 17th August, 2023 at 7pm.

Number of adults:

Name/s:

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