

### **How can I learn more about ways to help my child learn?**

So, you're wondering how you can find out more about Cybersafety? Maybe you want to listen to national and international experts on anxiety, building resilience in children and young people and learn more about keeping your kids safe or listen to experts share tips on supporting young people approaching the HSC?



***You need to join the Federation of P & F Association Facebook page.***



Find us on Facebook

### **What does the "Federation of P & F Association" do?**

The Federation works to strengthen the participation of all parents and carers in Catholic schools in the Diocese and to promote and advance Catholic Education and its excellence. Along with our work in advocacy and supporting Catholic education generally, we regularly invite you to events (currently via Zoom) where you can build your understanding of lots of issues that impact our children....and it's all **FREE!**

***Use this QR code to get onboard!***

***For further information E: [cath.garrett-jones@mn.catholic.edu.au](mailto:cath.garrett-jones@mn.catholic.edu.au)***