

Delivered a resiliency workshop to practitioners yesterday including Flying Start, ICC childcare staff, TAF, PACE and youth staff.

Feedback excellent and we were all in agreement for the need to normalise emotional distress in our families and provide strategies that challenge NAT's --Negative Automatic Thoughts!

Too many families being medicalised unnecessarily when what they require are the skills to combat stress triggers before the damaging emotions escalate.

CYCA look forward to networking more with our partners to bring about real change.