Young Communities

# Transition from Year 12

Build your mindset and resilience with Dr Michael Carr-Gregg

In 2020, young people have faced unprecedented disruptions, making transitioning into 2021 slightly more challenging.

Dr Michael Carr-Gregg will provide Year 12 students with the skills, knowledge and strategies to:

- Make this transition as smooth as possible
- Manage mental health
- Deal with unexpected outcomes

## WHEN

Tuesday, 17 November 2020 7pm - 8pm (log on time 6:45pm) 60 minute session incl. 0&A

### COST

FREE online forum

Young people in attendance will be in the draw for a chance to win a prize

# WHERE

Online via Zoom

Event link will be provided upon registration

### **RSVP**

Please register your details via our website: www.melton.vic.gov.au/YoungCommunities

For more information or to get in touch with us, please visit www. melton.vic.gov.au/youngcommunities or find us on Facebook and Instagram @CityOfMeltonYoungCommunities



