



Coping with the STRESS of Schooling

Airport West

Geelong

Mentone

3 Dates! 3 Locations!
Airport West, Geelong & Mentone

Monday May 29th, 2017

7pm to 8.30pm

Skyways Hotel

113 Matthews Ave, Airport West

On site FREE car parking/**Bistro open beforehand**

\$20 per person (at the door) **NO EFTPOS**

Monday June 5th, 2017

7pm to 8.30pm

Clonard College

225 Church Street, Herne Hill (**Geelong**)

On site FREE car parking

\$20 per person (at the door) **NO EFTPOS**

Tuesday June 20th, 2017

7pm to 8.30pm

Mentone Girls' Secondary College

Balcombe Rd & Charman Rd, Mentone

\$20 per person (at the door) **NO EFTPOS**

How to BOOK

Email rick@criticalagendas.com.au

Include your name, date attending and number of tickets required at \$20 each.

Collect and pay for tickets on the night.

No EFTPOS Enquiries: **0433 616 771**

Dr. Michael Carr-Gregg is one of Australia's highest profile psychologists. Working in private practice in Melbourne, he sits on the Board of the Australian Psychological Society, the Family Peace Foundation, Project ROCKIT and Smiling Mind well as being a Community Ambassador for Big Brothers Big Sisters, Postvention Australia, and Playgroup Victoria. He founded the charity CanTeen 31 years ago and was the first psychologist featured on This is Your Life. He has been resident psychologist on Ch 7's Sunrise for 11 years as well as Psychologist for the top rating Morning Show with Neil Mitchell on Fairfax Radio 3AW. He is a special Patron of the Hawthorn Football Club. He is married to Therese and has 2 sons.

For Teachers, Teacher Aides, Parents, Students (any year level), Psychologists, Counsellors, Sports Coaches, Youth Workers, Scout Leaders, Nurses, Health Workers (and anyone else interested).

This is a Community Event Everyone Welcome!

For the first time - exclusive to Critical Agendas - one of Australia's leading child and adolescent psychologists delivers a series of practical, evidence based strategies to manage the stressors of all aspects of school. Recent studies by Mission Australia shows that coping with stress, study and school are the top issues of major concern for young people throughout Australia. This specially designed presentation is aimed at young people and their parents/teachers and aims to give them evidence-based, practical, skills, knowledge and strategies to optimise their wellbeing, help them with study techniques and enable them to manage school better than ever before. It includes the latest information on how students can use new and emerging technology to manage school-related anxiety. Clear unambiguous advice is also given as to how young people can manage all aspects of school!

Not to be missed!

This presentation is relevant to any year level of schooling



Dr Carr-Gregg presents to a full house at Shoppingtown Hotel in Doncaster on September 1st, 2016