



THE UNIVERSITY OF  
MELBOURNE

# Get a Life!

Department of Rural Health

Public Event

## What you can (and cannot) do to help your child get back into life post-COVID

**Dr Andrew Wake**  
MBBS, FRANCP, Mast Psych, Cert Child Psych

The University of Melbourne, Department of Rural Health bring you a public lecture by Dr Andrew Wake.

Andrew is a child and adolescent psychiatrist and former lecturer at Melbourne and Monash Universities. He currently works with a youth outreach service as well as private practice. Andrew contributes to psychwire as an international expert on parenting questions.

Andrew is the author of the highly praised parenting book, 'The Good Enough' Parent: How to provide for your child's social and emotional development'. He is due to release his second book 'When you're the adult in the room' a book for teachers to add to their confidence and understanding and managing emotions, behaviours and relationships in students.

Dr Andrew Wake has extensive experience in giving talks and seminars to health professionals, parent groups, schools, child protection agencies and the police.

He has a keen interest in helping parents and care giving adults to understand the emotional life and needs of the child in their life, and helping them to provide 'enough' of the things they need.

Do you worry about your child? Are you concerned about their development and your contribution as a parent? Andrew will provide a basic understanding of motivation and share his knowledge on what parents can do to create change while their kids are dependent on them.

This public lecture is targeted at parents and school teachers to help young people re-engage post COVID.

This is our first face to face public lecture for over 2 years, and it will also be available on webinar if you prefer.

There is the opportunity to ask questions when registering and on the night.



### Event Details

**Date:**  
Wednesday 8th June 2022

**Time:**  
5:30pm - 7:00pm

**Venue:**  
Online webinar or face to face at:

The Department of Rural Health  
The University of Melbourne  
49 Graham St, Shepparton

**Enquiries:**  
Di Doyle Events Coordinator  
(03) 5823 4512

**Bookings:**  
Bookings are essential for this free public lecture. Register at <https://go.unimelb.edu.au/8h6e>