

KYDS we hear you!

LOUD and CLEAR

In partnership with
Community Bank
Turrumurra and Lindfield



Free mental health & well-being webinars

To say thank you for being part of our “**Loud & Clear**” fundraising campaign, KYDS Youth Development Service is offering free mental health webinars for families and young people in the area.

Deep listening: How to communicate effectively with teenagers

- Understanding the neurobiology of the **stress response** and how it affects communication
- Learn **practical skills** in communicating effectively with young people
- Identify & overcome frequent mistakes that get in the road of **effective listening**
- Discover strategies to **facilitate connection** and create opportunities for conversation

Time: 6:30pm

Date: Tues 11th November & Thurs 23rd November

Register: <https://lu.ma/zjkzn698> (11th Nov) / <https://lu.ma/nsqxj1ze> (23rd Nov)

About the presenter: Helen Jarvis is the Chair of KYDS Youth Development Service, teacher of the Graduate Diploma of Family Dispute Resolution at the College of Law, co-founder & director of Reboot Resolve, and a nationally accredited mediator. She has spent the past ten years helping families with dispute resolution.

What, how and why: How to regain motivation and build momentum after lockdown

- Learn the most effective way to avoid mental blocks and **overcome procrastination**
- Find out what drives motivation the **simple hacks** to build momentum
- Discover how to create a simple plan to **achieve your goals**

- Find out how small changes and habits can lead to **outstanding results**

Time: 6:30pm

Date: 27th October

Register: <https://lu.ma/kkc0m2re>

Ages: Useful for both adults and teenagers

About the presenter: Nick Kenny is a graduate of James Ruse AHS, an ACA-accredited counsellor, Head Facilitator with KYDS Youth Development Service, and current Chief of NSW Speakers Tribe. He has spent the past twelve months helping thousands of students improve their mental health both in and out lockdown through workshops & keynote presentations.

Mental stealth: The seven secrets of stress management

- Understand the difference between "**eustress**" & "**distress**"
- Learn seven evidence-based foundations for **managing stress & anxiety**
- Unlock simple & effective techniques to develop a **happier mindset**
- Discover an easy-to-implement formula to **prevent overwhelm & burnout**

Time: 6:30pm

Date: 18th November

Register: <https://lu.ma/ss9nlrtv>

Ages: Useful for both adults and teenagers

About the presenter: Nick Kenny is a graduate of James Ruse AHS, an ACA-accredited counsellor, Head Facilitator with KYDS Youth Development Service, and Chief of NSW Speakers Tribe. He has spent the past twelve months helping thousands of students improve their mental health both in and out lockdown through workshops & keynote presentations.

Parenting a screenager: How to help your child develop a healthier relationship with technology

- Learn the neuroscience of the **effects of technology** on the adolescent brain
- Discover how to maintain control while encouraging personal **autonomy & responsibility**
- Find out how to model & foster **positive behaviours** in the digital age
- Identify and overcome common obstacles to create a more **healthy relationship** with technology

Time: 6:30pm

Date: 30th November

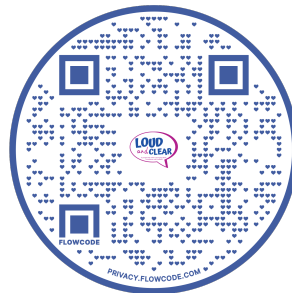
Register: <https://lu.ma/c5kwumex>

About the presenter: Mary Santiago is a Family & Adolescent Counsellor who has helped thousands of families since 2017 through her work with KYDS Youth Development Service.

She is Sessional Lecturer at Excelsior College, and her expertise is social media & technology health.

Loud & Clear

These webinars are run as part of our “Loud & Clear” fundraising campaign to employ an additional full-time counsellor for one year and continue to offer free and confidential counselling to young people and their families in the community. Donations can be made online at kys.kindful.com/?campaign=1148093, over the counter at either the Turrumurra or Lindfield branches of Bendigo Bank, or through the QR code below.



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