

## Free mental health & well-being webinars



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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 11<sup>th</sup> November & Thurs 23<sup>rd</sup> November

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

Presenter: Helen Jarvis (Chair of KYDS Youth Development Service; Co-ordinator of the Graduate Diploma for Relationships Australia; co-founder & director of Reboot Resolve)

### 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: 27<sup>th</sup> October

Presenter: Nick Kenny (James Ruse AHS graduate; KYDS Head Facilitator & Chief of NSW Speakers Tribe)

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

Ages: Useful for both adults and teenagers

### **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: 18<sup>th</sup> November

Presenter: Nick Kenny (James Ruse AHS graduate; ACA-accredited counsellor; KYDS Head Facilitator; Chief of NSW Speakers Tribe)

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

**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: 30<sup>th</sup> November

Presenter: Mary Santiago (Family & Adolescent Counsellor; Excelsior College Sessional Lecturer; Social Media & Technology Health specialist)

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



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