

Parent Information Night

KINGSTON
YOUTH
SERVICES



LUKE KENNEDY

*Improve your connection with your kids,
by also improving your own mental health
and resilience.*

FREE ONLINE ZOOM SESSION
TUESDAY 9TH NOVEMBER
6:30PM

Kingston Youth Services are excited to welcome guest speaker Luke Kennedy to present at our upcoming online parent information night. .

This 90 minute presentation will discuss:

- mental health
- self-care strategies
- resilience
- how to be yourself and stop worrying what other people think
- how to combat self-bullying/negative self-talk.

REGISTRATIONS ARE ESSENTIAL

This event is for members who live, work or studies in the City of Kingston

Targeted for parents or carers of young people aged 12-25

Contact Bec at rebecca.jacgung@kingston.vic.gov.au for questions

Register online by scanning QR code

or [https://www.eventbrite.com.au/e/free-online-parent-](https://www.eventbrite.com.au/e/free-online-parent-information-night-with-luke-kennedy-tickets-190741411697)

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