

TT10

Talk To Ten

Talk to Ten is a new online initiative providing research based support to parents and educators that will be offered in plain language and covering all topics of Mental Fitness AT NO COST.

Talk To Ten will be led by Maria Ruberto, psychologist, and Anthony Hurst, psychologist. It is a ten week pilot webinar program, where once a week, we will present a mental health topic relevant to this municipality for young people, for 10 minutes. Following the information and research topic, there will then be 10 minutes given to any questions from the virtual audience. Ten minutes on topic and ten minutes on discussion.

Talk To Ten is an online “teach and talk” forum targeting parents and educators to support children and adolescent mind health. Salutegenics is a clinical and consulting psychology practice which has been delivering evidence-based services to the Moonee Valley community for over 10 years. We have worked closely with schools in this municipality and have provided systemic interventions for school communities, both professionally and personally to staff, families and young people.

TOPIC

1

Coping with Change from CV19 Lockdown

6 Oct 2020

TOPIC

2

Managing Blended Spaces in CV19

13 Oct 2020

TOPIC

3

Signs your Child might be Worried/Anxious

20 Oct 2020

TOPIC

4

Soothing through Co-connections

27 Oct 2020

TOPIC

5

The Wheel of Wellbeing

10 Nov 2020

TOPIC

6

Creating Calm Sleep in Lockdown

17 Nov 2020

TOPIC

7

Understanding the Circles of Emotions

24 Nov 2020

TOPIC

8

Play and Pleasant Emotions

1 Dec 2020

TOPIC

9

Movement to Manage Moods

8 Dec 2020

TOPIC

10

Constructive Conversations with Children

15 Dec 2020

To be part of this free online program for parents.

We will present a 10 minute webinar on mental fitness each week for parents, educators and families, with 10 minutes of question time from the virtual audience. 10 minutes on topic & 10 minutes on discussion.

10 weeks, 10 topics, 10 minutes.

To register just click on this link before the 28 September 2020:

<https://event.webinarjam.com/register/1/81kw4bn>

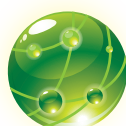
The TT10 sessions will run every Tuesday night starting at 7:00pm.

The first topic begins on the 6th October 2020.

If you can't register online, please register your details with Lyndal Soliman at Salutegenics (03) 9374 2949 or email her at lyndal@salutegenics.com.au

This initiative “Talk to Ten” is sponsored by The City of Moonee Valley.

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