



Family Youth and Children 2018

Let's Start a Conversation: Mental Health 101 Parent Forum

Honest and open conversation is a must for parents and carers dealing with teenagers' mental health issues, says a new resource that tells it like it is. Eileen Berry, Parent Guides Founder, says suicide, anxiety, depression, ADHD, self-harm, eating disorders and other mental illnesses are taking a terrible toll on young people. But she says parents can help minimise these and other issues by educating themselves about building resilience in children and knowing how to approach problems if they arise.

Join Parent Guides as they host an organised discussion evening where a panel of experts talk about their experiences and answer parent questions.

Date: Tuesday 23 October 2018
Venue: St Kilda Town Hall Auditorium
99a Carlisle Street St Kilda Enter via Brighton Road
Time: 6 pm to 7:30 pm
Cost: Free and all welcome
To book: Please register via Try Bookings <https://www.trybooking.com/YCZZ>

Meet the Panel:



Kirsten Cleland is mental health social worker who has worked in the public mental health sector for 23 years. For the past 8 years she has been the Manager of headspace Elsternwick. Headspace is part of the National Youth Mental Health Initiative providing a "one stop shop" of mental health, primary care, drug and alcohol and educational/vocational support to young people aged 12-25.

Qualified in social work, adult education and positive psychology **Marie McLeod's** work blends a deep understanding of positive psychology with a long-term commitment to community development in vulnerable communities.



Kavisha Mazzella is an Aria Award Winning singer songwriter. Kavisha directs The Moon's A Balloon, a WellWays sponsored community choir open to all comers. Originally set up as a Carers choir in 2011 after a successful pilot project the choir decided to open its doors to everyone with the view that Mental Health is everyone's business.

