

# Transitioning To Year 7



Presented by Dr Michael Carr-Gregg  
one of Australia's highest profile  
adolescent and child psychologists.



**Dr Michael Carr-Gregg** wrote his PhD at the University of NSW on Adolescents with Cancer and named and founded CanTeen more than 30 years ago with a group of young cancer patients.

He has worked as an academic, researcher, and political lobbyist. He is also the author of 14 books and sits on the Board of the Australian Children's Television Foundation, the National Centre Against Bullying and the Federal Government's Online Safety Working Group. He is the resident parenting expert on Channel 7's Sunrise, as well as a social commentator on the Morning Show with Neil Mitchell on Radio 3AW and Sky News.

Everything you need to survive (and thrive) the transition to high school.

- The transition from primary to high school can be the toughest time in a child's life.
- It often occurs at a time when many young people are going through not just significant brain changes, but also dealing with the confusing and challenging physical changes of puberty.
- Year 7's have high levels of depression, anxiety and suicidal ideation.

This talk provides practical strategies and tools to help parents and students with the transition into Year 7, reduce the stress, build resilience and lay the foundations for a great journey through adolescence.

A 60 minute presentation followed by a 30 minute Q&A for parents with students currently in Year 7 and those transitioning into Year 7 in 2021.

**The presentation will be held via Zoom on Wednesday October 21st from 7 - 8.30pm**

**Webinar link: <https://zoom.us/j/96705905893>**



**Saint Ignatius College Geelong**