

Critical Agendas in conjunction with Saint Ignatius College, Geelong are excited to present to you.....

Understanding Adolescence Mental Health

For Teachers, Teacher Aides, parents/carers, Students (any year level), Psychologists, Counsellors, Sports Coaches, Youth Workers, Scout Leaders, Nurses, Health Workers (and anyone else interested)

**This is a Community Event
Everyone welcome!**

Thursday 23rd June, 2022

7.00pm – 8.45pm

Saint Ignatius College, Geelong.

Wadawurrung Country.

27 Peninsula Drive, Drysdale, Vic. 3222

How to BOOK

The cost is \$25.00 per person inc GST.

To secure your place bookings can be made online at criticalagendas.com.au or tickets can be purchased at the door with cash or card.

Enquiries can be made by calling Critical Agendas directly on 03 52457261 or emailing admin@criticalagendas.com.au

Teachers can be supplied with certificates for 1.5 hours of PD.

Understanding Adolescent Mental Health

“Promise me you’ll always remember that you’re braver than you believe, and stronger than you seem, and smarter than you think.”

Christopher Robin

Being a parent/carer, of an adolescent these days can be a scary job. In the last ten years with Covid’s help we have seen a rise in teenage anxiety, depression, self-harm, and suicide ideation.

The effects of COVID-19, isolation, and social media added to the natural increase in emotional mood swings which are common for teens, have greatly heightened thought patterns that put teens at risk of developing mental illness.

In this workshop parents/carers, teachers, concerned community members and adolescent students are invited to learn about teenage mental health, what to look out for, and how to support a teen who you are concerned about.

The workshop looks at identifying when adolescents are over thinking, people pleasing and can’t let go of failure and then explores the steps to take that can turn this around.

This is a fun, engaging and practical workshop that teaches how to create emotional safety, regulate nervous systems, build connected relationships, development a coherent narrative, practice ‘power-with’ strategies, build social emotional and resiliency skills, and foster being well.

About the Presenter



Greg Mitchell is a teacher with over 40 years of teaching experience. He was born into a mentally ill family and has a variety of disabilities, each of which he has learned to make friends with and turn into advantages. Greg uses these “super-powers” of storytelling, humour, enthusiasm, and honesty to create a workshop that will give hope, skill and insight that can reframe the worst circumstances into opportunities for growth and fascination.

**ADOLESCENT STUDENTS NO CHARGE!
Not to be missed!
One night only.**



Saint Ignatius College Geelong is committed to the safety, wellbeing and inclusion of all children and young people.