



Pathways to a Healthy Mind – Parent Information Session

Tuesday 30 April, St Ignatius' Church Hall*, 7:00pm – 8:00pm



St Joseph's Memorial School P&F Committee are proud to host the 'Pathways to a Healthy Mind' session with Clinical Psychologist Dr Tom Nehmy. This session is tailored for parents and caregivers of primary school aged children.

Based on years of research and clinical experience with children, adolescents and adults, the workshops will cover the following key concepts:

- ✓ What resilience is, and how parents and teachers can help children cultivate it;
- ✓ The thinking skills that psychologists teach people to be emotionally healthy;
- ✓ The purpose and function of emotions, and how they affect behaviour;
- ✓ How to deal with unhelpful emotional impulses;
- ✓ How perfectionism can impede our achievement, and what to do about it;
- ✓ The keys to preventing depression, anxiety, and eating disorders in young people; and
- ✓ Self-compassion - a powerful practice that is vastly more important than self-esteem.

Parents will leave with a broad overview of the key ingredients to mental health and resilience in children, as well some practical ideas for how to put these concepts into practice.

Tickets \$10 via SJMS QKR App, cash or credit via the Bridge St Office 8364 1164 or email sjmspf@sjms.catholic.edu.au - **RSVP by Monday 29th April.**

Any queries please contact sjmspf@sjms.catholic.edu.au

**St Ignatius' Church Hall is located next to the Church on the corner of William & Queen St Norwood.*