Promoting Resilience in Adolescence

Brunswick Secondary College parents and those from other local schools are warmly invited to our parent workshop, Promoting Resilience in Adolescence.

Presented by Maria Ruberto, a highly regarded psychologist who works with our school on an ongoing basis, this session is focused on Positive Psychology and will offer practical advice and strategies that parents can employ to promote the wellbeing of their child.

Date: Tuesday 24th February
Time: 7.00pm to 9.00pm
Location: BSC Auditorium
Cost: We are grateful to the Rotary Club of Brunswick who are sponsoring this event. While there is no fee for attendance, a small donation to Student Teen Mental Health First Aid Training would be appreciated.

RSVP: Email: brunswick.sc@edumail.vic.gov.au
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During this workshop, we will explore the main contributing theories within Positive Psychology, and how these can benefit our relationships with our children and guide our parenting with strategies that are simple and effective. These strategies become the foundation to help prevent mental illness later on in life and provide families with research to help validate what they see in their children.

This workshop aims to:

- offer a psycho-educational approach to understanding mental health
- explain challenges from a neuropsychological perspective