



Information service and representation
for non-government school parents

"Mental health and Wellbeing in the digital age"

2017 Annual Seminar

for parents and educators.

Where:

Brighton Grammar School, Wellbeing Centre
corner New Street and Allee Street, Brighton
www.brightongrammar.vic.edu.au

When:

Friday 1 September 2017

Registration from 9:00am

Seminar commences at 9:30am - 3:15pm

Contact Details:

vpc.seminar2017@gmail.com

Bookings:

<https://www.trybooking.com/QXWG>



**BRIGHTON
GRAMMAR**



The invited speakers are,

"Understanding and Responding to Anxiety in Kids and Teens - What can Parents do?"

Dr. Glenn Melvin

"Digital resilience and beyond."

Martine Oglethorpe

"Practical strategies for parents /carers to assist children develop resilience and optimistic thinking."

Kylie Warry

"Fostering teen mental health using Smartphone Apps"

Dr. Glenn Melvin

"Just Be Nice - Tools for parents and communities."

Josh Reid Jones

"Digital Citizenship and parents"

Casper Pieters

"Social Emotional issues facing gifted and talented students"

Christine Ireland