



FCPS P & C presents...



A STITCH IN TIME

MENTAL HEALTH WORKSHOP FOR PARENTS

HOPE, HELP, EDUCATION AND PREVENTION ARE REAL.



The aim of this workshop is to educate parents on the importance of mental health & wellbeing not only in their child's life, but themselves too. The workshop will:

- help foster positive psychological wellbeing
- provide a suite of tools and techniques that can be utilised to increase resilience in times of disruption, stress and change
- provide strategies that will assist in their own personal growth & development.

The presentation is designed to be preventative, informative & interactive in nature. Participants will get an understanding of the importance of managing stress & how this relates to their children, to give them the ability to monitor their own wellbeing levels and those of others, and be proactive in fostering positive mental health and wellbeing going forward in their own lives.

About the presenters...



Blair Evans- Blair is a 2 time Australian Olympic Swimmer and Silver Medallist who represented Australia at International level for over 10 years with the Australian Dolphins Swim Team. She had a sporting career that spanned over 24 years with plenty of obstacles to overcome both mentally and physically. Post retirement she is passionate about sharing her story with others in hopes of teaching and inspiring others to believe in themselves and places a huge focus on mental health and well-being.



Dr Marny Lishman- Marny is a Psychologist, Personal Coach, Author, Keynote Speaker, Columnist & Media Commentator. Marny can be often seen on Channel 9 News with her Health and Well-being segments.

She works with individuals and corporate groups to promote personal and professional growth, and speaks on a wide variety of topics to promote mental health and wellbeing.

WEDNESDAY 29TH MARCH @ 6:30PM IN THE FCPS UNDERCOVER AREA

THERE IS NO COST TO ATTEND. THE WORKSHOP WILL TAKE PLACE FROM 6:30PM TO 8:00PM.

PLEASE RSVP BY WEDNESDAY 22ND MARCH.

SIMPLY ADD YOUR NAME TO THE ATTENDEE LIST IN THE FRONT OFFICE EITHER IN PERSON OR RINGING OUR FRONT OFFICE STAFF.