

HEALTHY MINDS PROGRAM YEAR 8 PARENT SEMINAR



Dr Tom Nehmy
Director, Clinical Psychologist

You are invited to an essential parent seminar that will support the wellbeing of your child.

Award-winning psychologist and international speaker Dr Tom Nehmy will present Seven Secrets to a Healthy Mind, a powerful information session introducing the Healthy Minds Program to Year 8 parents.

You will learn about the Healthy Minds skills and how it is possible to:

- Prevent and reduce risk for anxiety, depression, and eating disorders
- Build and maintain robust mental health
- Understand the true meaning of 'wellbeing' and 'resilience'
- Reach higher levels of functioning in academic, sporting, and extra-curricular activities

Don't miss this vital parent event!

DATE

monday 13th may

TIME

7pm

LOCATION

Kapunda High School
Resource Centre

*An award-winning student
wellbeing program created by
Clinical Psychologist, Dr Tom Nehmy*

For information and support, please contact
Leanne at Healthy Minds: T. 0438 752 877
E. leanne@healthymindsprogram.com

healthymindsprogram.com

**The Healthy Minds School Program
is for school communities who
recognise that success is more than
just academic achievement.**

**We work with school communities to
prevent and reduce risk for depression,
anxiety and disordered eating,
while building resilience and
wellbeing to thrive!**