



Invitation

Free Training: Mental Health & Wellbeing for Young People

May 5th 2016

Are you a teacher, principal or person who works with young people?

Cardinia Shire Council is hosting a one day **Mental Health & Wellbeing Professional Development** based on best evidence based programs and strategies.

You have the option of attending half day training on MindMatters or a full day facilitator training on the My Friends Program

The training is free for all Cardinia Shire professionals/teachers working with children and young people aged 11-18, but is open to those in the South East region where a training fee will apply for the full day session.

My FRIENDS Facilitator Training Full Day 9.00 am - 5.30pm

The My Friends Program facilitator training will allow you to become an **'accredited facilitator'** where you can run the program in both one on one or group settings over a 5 to 10 week time frame.

The program aims to provide young people with the skills to build resilience and confidence, develop mindfulness and relaxation, explore thinking in positive ways, develop problem solving strategies and learn ways to deal with conflict.

or

MindMatters – 'Getting Started' 9am – 1pm

Want to improve mental health in your school? Want to get started with MindMatters but don't have time for a full day's training?

Come along to a half day of training with interested colleagues to learn about **MindMatters processes and tools**. Be guided on how **to establish an Action Team** and how to take effective action in your school. Event includes a **certificate to put towards your professional learning hours**.

Venue: Cardinia Shire Council Office

Address: 20 Siding Ave, Officer, 3809

Time: 8.30 am for 9 am start, with an introduction to Mindfulness half hour session before attending your chosen training

RSVP: By Friday 29th April 2016 with any special dietary requirements

Morning tea and lunch will be provided on the day

Contact Person: Caroline Mahon

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