

TEENAGE TRIFECTA

JUNE 25
2017



AT MARY MACKILLOP
MEMORIAL
SCHOOL HALL,
PORTLAND STREET,
PENOLA.

COMMENCING
AT 12 NOON

This interactive 3 hour workshop will be based around providing practical tools to improve self esteem, confidence and general resilience.

SUITABLE FOR ALL TEENAGERS AND EARLY TWENTIES - ALONG WITH PARENTS AND CARERS

PLEASE REGISTER VIA EMAIL: penolateenagetrifecta@gmail.com

Those registering prior to 18th June, 2017 will be eligible for the lucky entry prize. When registering please advise names attending (including adults), along with youth ages.

NUMBERS ARE CAPPED please get in early - NO CHARGE - DRINKS AND AFTERNOON TEA PROVIDED

FOR FURTHER INFORMATION PLEASE CONTACT
LUCY ON 0427 968 666 OR ANNE-MARIE 0412660174

FOR YOUTH



THE BRAIN FACTOR

A session providing understanding around mental health, psychology of self esteem, friendships, connection between brain, body and health PLUS secret tips on how to beat the bullies.



FOOD MATTERS

An interactive and fun cooking demonstration with healthy treats to help increase immunity and improve both the body and brain function.



BOOTCAMP

A mini bootcamp to increase physical strength, mental stamina and team work to highlight a strong body supports strengthened self esteem.

PARENTING ON PURPOSE

Have you ever noticed that there are some children who are confident, friendly, and bounce back from set-backs, challenges and disappointment? And then there are kids who seem defeated, lack confidence and are battle to regroup? Many parents know that self-esteem is important – but what is this topical concept and how can we instil, and potentially rebuild it in our children? This presentation will educate and equip parents on how they can raise healthy, strong and resilient children from the inside out for whatever life has to throw.

FOR ADULTS

THE PRESENTERS



LISA BONDARENKO



ERIN REBERGER



FATIMA INGLES

SESSION SPONSORED BY:

