

MICHAEL CARR-GREGG

20 JULY 2022

REGISTER NOW

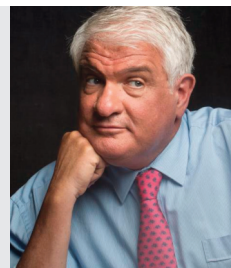
SPECIAL EVENT

BUILDING WELLBEING & RESILIENCE IN OUR CHILDREN

**You are invited to an exclusive special event with Dr Michael Carr-Gregg.
This 1-hour educational presentation will explore how you can help build wellbeing and resilience.
The session will provide practical, evidence based skills, knowledge and strategies
to help our children during challenging times.**

Dr Michael Carr-Gregg - Special Event

Date: Wednesday 20 July, 2022
Time: 5 – 6pm (Registration opens 4.30pm)
Location: Springfield Central State School Hall
257 Grand Ave, Springfield Central



Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author of 14 books, broadcaster and a specialist in corporate mental health, parenting, children, adolescents and the use of technology for mental health. Michael co-created Breakfast at Epiphany's - a talk to help people and organisations build mental and physical

wellbeing for 2021 and beyond. Michael also provides Mental Health First Aid training for schools and organisations nationally and internationally, as well as webinars to help school students, staff and parents manage and navigate the challenging teen years.

Register for what promises to be an enlightening and informative session with Australia's leading child psychologist.

Register today via the QR Code below

Proudly Supported by

**GREATER
SPRINGFIELD**

By
Springfield
City Group

