



St Ives Park Public School

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CRICOS Provider Name: NSW Department of Education

CRICOS Provider number: 00588M

Parent Information Evening: **A Mental Health Toolbox for Parents of young children**

Collett Smart, trained psychologist, teacher and author of *They'll Be Okay* will be holding a parent information session at St Ives Park Public School.

When: Tuesday, 18th June, 2019.

Time: 6:30 – 8:00 pm

Where: SIPPS Hall



In her session she will share important information for all parents in supporting children through many childhood and teen challenges. Specifically she will discuss:

- The signs and symptoms of anxiety and depression in children
- Recognising the triggers for anxiety in young people
- Enhancing wellbeing (through mental, physical and social resilience factors)
- How to practically support anxious kids at school
- Supporting children with friends or family with mental health concerns

Collett has more than 20 years' experience working in private and public schools, as well as in private practice. She appears regularly on national television and radio, as an expert in teen and family issues.

Collett has taught and delivered psychology workshops and seminars around the world. She is an Ambassador for International Justice Mission Australia and is mum to 3 children, aged 11, 16 and 18 years old.

If you are able to attend, please complete **the RSVP slip below and return to SIPPS by Wednesday 12th June, 2019.**

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St Ives Park Public School

_____ will be attending the parent seminar by Collett Smart:
A Mental Health Toolbox for Parents of young children on Tuesday 18th June, 2019.

My child _____ in class _____

Parent Signature _____ Date _____