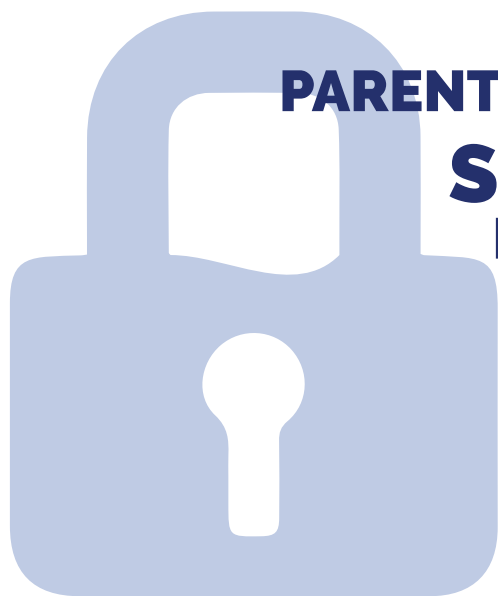




loretonormanhurst



PARENT WORKSHOP

SECURING YOUR DAUGHTERS' FUTURE:

The Keys of Wellbeing,
Mental Health &
Peak Performance

Presented by International Speaker,
Dr Tom Nehmy

All parents are encouraged to attend this workshop focusing on resilience and wellbeing as well as strategies for engagement and support.

MONDAY 12 FEBRUARY 2018

7:00PM - 8:30PM

LORETO NORMANHURST | CURRAN THEATRE



DR TOM NEHMY

Clinical Psychologist
Founder and Director of *Healthy Minds*
BPsych(Hons), MPsych(Clin), PhD MAPS CCLIN

Dr Nehmy is an award-winning psychologist, recognised for his work on the resilience, wellbeing and mental health of children and adolescents. He has worked extensively with students, parents and teachers to build their psychological skills. Dr Nehmy provides training, keynote presentations, facilitating and parent education throughout Australasia. He is involved in the accreditation and training process of all *Healthy Minds* schools.

For enquiries:

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