



# loretonormanhurst



## HOW TO THRIVE WITH CHALLENGES & CHANGE:

Cultivating wellbeing & resilience in your daughter

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

**MONDAY 18 FEBRUARY 2019**

7:00PM - 8:00PM

**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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