

We welcome Mark Le Messurier to Dominican School – PARENT EDUCATION SEMINAR SAVE THE DATE...MONDAY 4 APRIL 7PM School Board AGM



Is there a SECRET to achieve the best mental health for my children?

This is an exciting opportunity that you don't want to miss!

RSVP via QKR

Mark Le Messurier is a teacher, counsellor and coach to parents. He is the author of many books, publications, and programs with an international reputation. He presents at conferences in schools and for all kinds of organisations. Mark is the recipient of the prestigious Australia Day Council's 2022 Senior South Australian of the Year award. His generosity and consideration for others was recognised as profound, far reaching, and life changing. He's helped many families, and has improved the self-worth, wellbeing, mental health and life outcomes of children, adolescents, parents, and educators.

Can we guarantee against mental health difficulties in our children?
The answer, of course, is no.

Some mental health issues arise from the unexpected twists and turns of life. They can be well outside of our control and might include disability, trauma, disorders, loss and so much more. I must hastily add, here, that the SECRETS around using a great mental health hygiene approach are also incredibly therapeutic to draw on for children, young people and adults alike when life becomes hard going and feels like it's falling apart.



This workshop focusses on the notion of good “mental health hygiene” practices. Good mental health hygiene concerns the everyday things we can do to support and maintain the mental health of our children, so they have the greatest chance to lead their best life.

I promise to present a range of totally PRACTICAL ideas based on good mental health hygiene practices. While these are proven ideas to work with, of greatest importance, is how each of us model these to our kids on an everyday basis.

Isn't it ironic that the quality our children's mental health, and their resilience, hinges on us understanding this, and using it wisely over the first 20 years of their lives? One thing is for sure, our children constantly watch us and learn from what they see and hear us do! So much of raising an emotionally balanced child comes from being a clever 'life-coach' who is prepared to chip away, gently, and intelligently, at how to live.

They are dependent on us knowing how to invest in them.



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