Hello,

This is to advise that on November 5th (7-9pm) Dr Michael Carr-Gregg (Ch7 Sunrise, 3AW) will again present

Tackling Anxiety and Building Resilience in Young People

This follows a sell-out of the same presentation on July 27th this year which saw many miss out after selling out 3 weeks before the event!

Anxiety in children is a normal part of childhood development. But it’s estimated that 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life. In this presentation one of Australia’s leading child and adolescent psychologists will discuss what is normal anxiety and what is not, what are the common anxiety disorders and what parents and carers might do to build happy and resilient young people.

Thursday November 5th 7pm to 9pm
Darebin Arts & Entertainment Centre
Cnr Bell St & St Georges Rd, Preston
$20 per person (at the door) NO EFTPOS

Secure your place!
Email rick@criticalagendas.com.au
Include your NAME, Date attending and No. Tickets required.
Collect and pay for tickets on the night.
Enquiries: 0433 616 771
About Dr Michael Carr-Gregg:
Dr Michael Carr-Gregg works as a nationally registered child and adolescent psychologist. He is passionate about delivering evidence based psychology workshops and seminars that make a difference to the health and wellbeing of young people. His training and approach incorporates cognitive behavioural therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness skills and interventions drawn from positive psychology research. He is a founding member of the National Centre Against Bullying and Chairs their Cybersafety Committee. In October 2010 - he was appointed the official advisor to the Queensland government on cybersafety. He is a Director of the The Young and Well Cooperative Research Centre, an Australian Government Initiative administered by the Department of Innovation, Industry, Science and Research. Michael Carr-Gregg has extensive experience in the media and is currently a regular on the top rating 'Sunrise' program on Channel 7 and on Melbourne radio 3AW and is a frequent contributor to the Australian Print media.

Thanks, Critical Agendas

Ph 1800 638 012

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Tackling Anxiety and Building Resilience in Young People

Presented by Dr Michael Carr-Gregg

This is a Community Event
Everyone welcome!

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Dr Michael Carr-Gregg presents a full house at Darebin Arts Centre on July 27th, 2015

Critical Agendas