Dr Michael Carr-Gregg presents

**When to Really Worry....**

For Teachers, Teacher Aides, Parents, Sports Coaches, Youth Workers, Scout Leaders, Nurses, Health Workers (and anyone else interested)

This is a Community Event - Everyone welcome!

$20 entry

7pm to 9pm

**Thursday September 1st, 2016**
Shoppingtown Hotel
19 Williamsons Rd, Doncaster

**Wednesday September 7th, 2016**
Berkeley’s Events & Catering
(Pioneer Room)
150 Yarra St, Geelong

**BOOK your place!**
Email rick@criticalagendas.com.au
Include your name, venue and number of tickets required.
Collect and pay for tickets on the night.
No EFTPOS
Enquiries: 0433 616 771

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.

When does normal teenage behaviour become something you really need to worry about? In this seminar **When to Really Worry** by Dr Michael Carr-Gregg, he will help you find out. In this insightful evening, one of Australia’s leading authorities on child and adolescent mental health, Dr Michael Carr-Gregg, offers practical, easy to understand information on how to figure out if your son or daughter is travelling okay. He discusses the signs and symptoms of the high prevalence disorders of anxiety and depression. Michael also includes tips on detecting early warning signs encouraging your child to visit a doctor, finding a youth-friendly GP, counsellor or therapist, navigating the public mental health system. **When to Really Worry** is an essential night for all parents, teachers, coaches who want to build happy and resilient young people.

Not to be missed!