



Raising The Future

**PARENTS AND
SCHOOLS UNITING
TO HELP FOSTER
MENTAL HEALTH
WELLBEING FOR
YOUTH**

AUDIENCE
PARENTS AND SCHOOL
TEACHERS/STAFF



TIME LENGTH
1.5 hours



GROUP SIZE
up to 750

PRESENTATION FACILITATOR



Dr Alissa Knight ~

**CLINICAL PSYCHOLOGIST &
EATING DISORDER SPECIALIST**

PhD (Psychology);
M.Psych (clinical); B. Psych
(Hons); B.ED (JP/P); M. Journalism

**FOUNDER & DIRECTOR OF
THE CALMING SUITE PSYCHOLOGY CLINIC
EATING DISORDER ~ BPD ~ TRAUMA
SPECIALIST ~ MEDIA SPOKESPERSON ~
RESEARCHER ~ TEACHER
CONFERENCE PRESENTER ~ YOGA AND DANCE
INSTRUCTOR**



In the current world that we live in, so ferocious, fast, competitive and harsh sometimes, I felt so unequipped as a parent. I constantly second guessed myself as to whether I was raising my son in a way that would ensure he entered adulthood with all the right tools, but mostly happiness. This workshop by Dr Knight was such an eye opener. It was the first time I actually heard advice that was useful and I could relate to. Thank you so much.

Mother - Year 10 boy

AIM OF RAISING THE FUTURE

THE MISSION OF RAISING THE FUTURE IS TO PROVIDE PARENTS AND TEACHERS WITH AN EVIDENCE-BASED AND HOLISTIC UNDERSTANDING OF MENTAL HEALTH LITERACY FOR TEENAGERS. TO HELP BUILD THEIR ABILITY TO RECOGNISE THE SIGNS OF TEENS AT RISK OF MENTAL ILLNESS, AND HELP IMPLEMENT APPROPRIATE HELP-SEEKING PATHWAYS. PARENTS AND TEACHERS WILL WALK AWAY WITH A BETTER UNDERSTANDING OF HOW TO SUPPORT TEENS BUILD SELF-CONFIDENCE, HOPE, ENHANCE THEIR STRENGTHS, RESILIENCE AND OVERALL MENTAL HEALTH WELLBEING. ULTIMATELY, TO FOSTER A POSITIVE MENTAL HEALTH CULTURE AT HOME AND SCHOOL.

KEY THEMES COVERED

- **FIVE AREAS OF TEEN SOCIAL & EMOTIONAL LEARNING** Helping teachers and parents build skills to help teens understand and manage their emotions, establish positive relationships, learn the skills to 'bounce back' after adverse and stressful life experiences and challenges. To find growth and strength from those experiences to achieve personal goals and feel good about themselves and lead them into a more enriching and prosperous future.
- **BUILDING SUPPORTIVE COMMUNICATION SKILLS FOR PARENTS & TEACHERS** Helping parents and teachers develop a greater awareness of how to effectively communicate with teens 'understand their language' in a way they feel supported, validated, trusted, and heard.
- **BULLYING AND MENTAL HEALTH** How to recognise and proactively address the challenges of bullying and the impact it has on teens mental health.
- **THE BIG 5 (EMOTIONAL DYSREGULATION) DISORDERS** - Eating Disorders, Attention Deficit Hyperactivity Disorder, Complex Trauma, Autism Spectrum Disorder & Borderline Personality Disorder

HOW TO BOOK

 info@thecalmingsuite.com.au

 (08) 8471 1010; 041 396 3561

 www.thecalmingsuite.com.au

AUSTRALIAN CURRICULUM LINKS

- ▶ HPE - Personal, Social & Community Health - Being Healthy, Safe and Active
- ▶ Explore Strategies to Manage Physical and Emotional Change (ACPPS034)
- ▶ General Capabilities - CCT, PSC, EU

PARENT/TEACHER RESOURCES

WORKBOOK (Optional) ~ All Parents and Teachers receive a resource book to take notes during the session with helpful tips and strategies