Understanding Depression & Anxiety

Date: Monday 25th June 2012
Venue: Lisarow Public School Library
Time: 9.30am-2.30pm
Cost: $15 per person $10 for seniors
includes morning tea and light lunch
(Cash payments required on or before the day)
Host: Heather Pinel (School Chaplain – Lisarow PS)

Hot Topics: (as related to Understanding Depression & Anxiety)

- The exercise fit
- Depression & Anxiety insights
- Boundaries for parents, children, teens & families
- The Effects of childhood abuse and domestic violence

Guests Presenters:
Jacqueline Skelton Fitness Trainer
Carolyn Ashley-Binge Welfare & Child Protection Consultant
Kylie Seal Adult Educator and Australian Breastfeeding Assoc. Counsellor
Heather Pinel School Chaplain and Clinical Counsellor – Children & Families

Pre-bookings Essential:
Contact Lisarow PS Office on 43621048 or email heather.pinel1@det.nsw.edu.au by noon 21st June.

More information:
Please visit the Lisarow Public School Website http://www.lisarow-p.schools.nsw.edu.au/

An initiative of the Chaplaincy program at Lisarow Public School