



**Read
the
Play**

Mental Health is a Team Sport

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Presents

Dr Michael Carr-Gregg

Michael works as a psychologist in private practice at Camberwell Medical Practice in Melbourne and is also a Master trainer for Mental Health First Aid Australia, a Patron of Read the Play, and a columnist for a number of publications. Michael is the resident psychologist for the top-rating Morning Show with Neil Mitchell on Fairfax Radio 3AW.



7.00pm - 8.30pm

Starting Secondary School



Starting secondary school is a whole lot more complex than it once was. The jump between primary and secondary school marks one of the biggest transitions in a student's life. It's the point at which a child leaves the relatively safe cocoon of childhood and enters the wide world of adolescence. For both parents and their children, it can be a huge shock, as they encounter a minefield of serious issues to deal with-everything from peer and study pressures to phones, parties, and beyond. This presentation will provide participants with all the tools and information they need for entering this turbulent and testing time.

7.00pm - 8.30pm

Surviving Year 12



Each year, more and more emphasis is placed on achieving good results in the end of school exams. This can lead to students feeling extraordinary pressure and having unrealistic expectations placed upon them. This presentation, is designed to give advice to parents on how they can help their son or daughter cope with the pressure, work smarter, and actually enjoy the final year of school. It includes advice on managing stress and anxiety, coping with exams and words of wisdom from parents and past students.

Venue - GMHBA Stadium

Cost: \$15 per person (plus booking fee)

100% of ticket sales go to Read the Play.

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