PARENT FORUM : Monday 22 October

Building Positive Mental Health

The aim of this forum is to educate parents on strategies, which create an environment of positive mental health, within your family and help build resilience in your Teenager. The forum will ensure parents have a repertoire of practical approaches, to instil coping strategies in their children, that let them ‘bounce back’ during challenges, like Stress, Depression, Anger, Failure and Social Pressures.

About the Speaker :

David Citer has been working as an Adolescent and Family Counsellor for the past 13 years in Adolescent Mental Health Facilities. He helped to set up and run one of the first residential drug and alcohol units, for teenagers in NSW, for The Ted Noffs Foundation, on the grounds of Cumberland Hospital in Parramatta, where he worked for 5 years. He has also worked in various Hospital Emergency Wards and drug and alcohol programs and also in outreach counselling services, where David’s role was assessing teenagers for Mental Health and Drug and Alcohol issues. David has been managing the Ku-ring-gai Youth Development Service (KYDS) in Lindfield for almost 6 years. KYDS is a free counselling service for every 12 to 18 years old young person and family living on the North Shore of Sydney. Every day, David works closely with 20 State and Private Schools on the North Shore, creating the best Early Intervention Programs for students. David has also been the Chair of The Hornsby/Ku-ring-gai Youth Network and Chair of the Northern Sydney Mental Health Working Party for the past 3 years, which provides advocacy for young people living on Sydney’s North Shore and lobbies Local, State and Federal Government to provide better Mental Health Services for young people living in Northern Sydney. David recently helped co-ordinate the Inaugural Hornsby / Ku-ring-gai Youth Forum at Abbotsleigh that attracted over 22 schools on the North Shore to participate in reducing the stigma of Mental Illness.

Date : Monday 22 October 2012

Venue : Level 3 Ku-ring-gai Council Chambers (818 Pacific Hwy) 6.30 to 8.30

Cost : $5.00 donation to KYDS

Bookings : Ku-ring-gai Council Youth Services on 9424 0837 or youth@kmc.nsw.gov.au

More information : Please visit www.kyds.org.au