



# BUILDING HAPPY & RESILIENT TEENS POST PANDEMIC

**with Dr Michael Carr-Gregg**

Child & Adolescent Psychologist, Author, Broadcaster and social commentator

**TUESDAY, JUNE 21 | 6PM - 7:15PM**

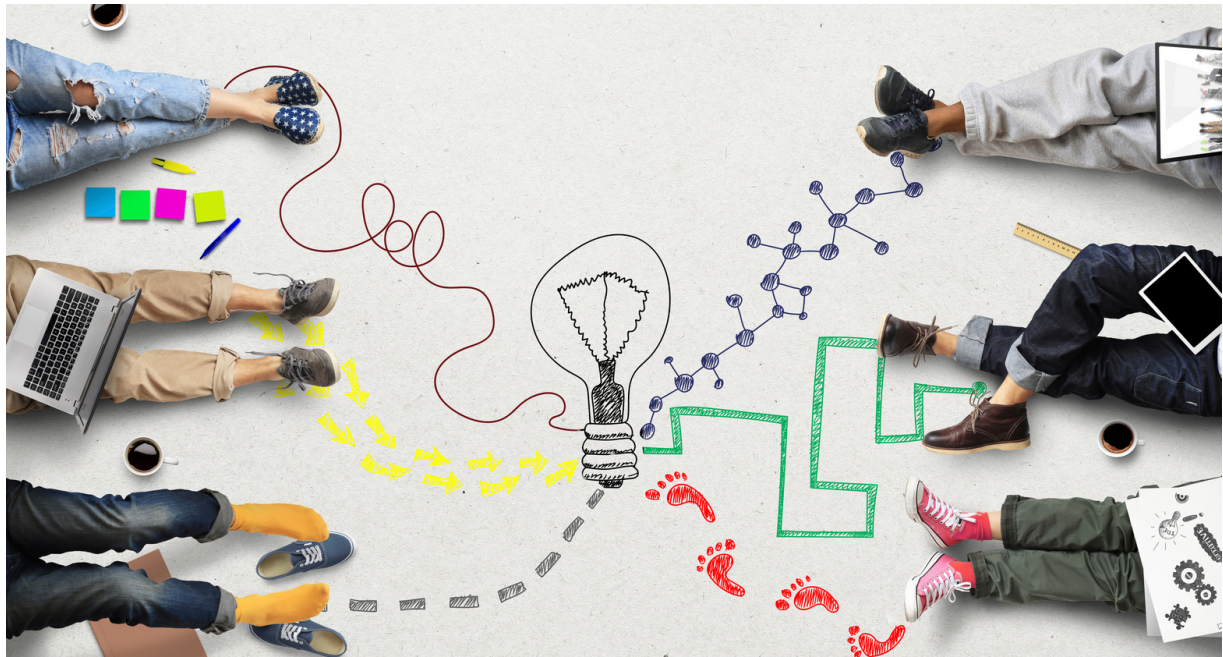


**LORETO COLLEGE**

Marryatville, South Australia

**316 PORT RUSH ST  
MARRYATVILLE, SOUTH AUSTRALIA**

# THE SECRET OF BUILDING HAPPY AND RESILIENT CHILDREN AND TEENAGERS IN A POST PANDEMIC AUSTRALIA



**2022 will bring a new set of challenges for young people as we navigate our way to a 'new normal' of work and school life. What many are calling the shadow pandemic - a mental health crisis among our young people that we have never before seen - must be met with collective care and attention.**

In this special event, you will learn the skills, knowledge and evidence-based strategies to help young people face, overcome and be strengthened by adversity, including stop-start schooling and the pressures of being a teenager in a social media-driven climate. Drawing on the latest psychological research, Michael will outline the cornerstones of wellbeing and give practical solutions for parents and young people to use together.

For Parents, Grand-parents, Adult Carers,  
workers with young people in health,  
education and welfare.

[Click here for tickets](#)

