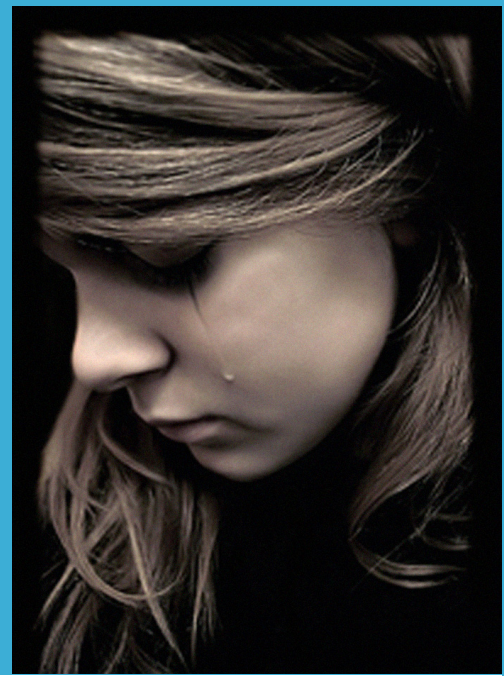


# FCAV Regional Training

# KIDS GET SAD AND WORRIED TOO



This training is for carers and staff that work with children and young people in out of home care.



The prevalence of mental health disorders is **higher** for children and adolescents than it is for adults - kids get sad and worried too. Join Bryan in this journey through the complex area of compounded mental health conditions, where he will demystify brain chemistry, depression, anxiety, trauma and the associated challenging behaviour. You will also receive practical take-aways, *plus* there will be an open forum at the end...so please bring your questions.



**Bryan Jeffrey** is the author of "My Big Brain Book" and Director of MOAT: Mental Health, developing mental health training

sessions throughout Australia. These sessions help to demystify mental illness for a range of audiences, with foster carers as priority.

Starting out as a psychiatric nurse with over 15 years of clinical experience and working with young people in care in Scotland and Melbourne, provided a solid foundation for Bryan's expertise in this field. *Mental health* doesn't have to be a confusing concept, and Bryan's work helps to break down barriers to knowledge and understanding of these important health aspects. He has delivered keynote speeches and workshops at National Foster Carers Conferences and always makes time to meet with carers and help them with consultation and advice wherever possible.

**By attending this event, carers will be in the running to WIN a copy of Bryan's "My Big Brain" book!**

## When

**Training Date** Thursday 16 Feb 2012  
**Registration** 9:30 am  
**Seminar** 10:00 am - 3:30 pm  
**Questions** 3:30 - 4:00 pm

## Cost

**Free to all Staff and Carers of Anglicare, Berry Street, GEGAC, Quantum, Salvation Army SESN, Uniting Care Gippsland**

**Other attendees** \$50.00 (GST inclusive)

## Where

Italian Australian Club 499-501 Princes Drive, Morwell  
**RSVP date** Monday 6 February 2012 (advise of any dietary requirements)  
**RSVP to** Karin Thomsen, [karin.thomsen@quantum.org.au](mailto:karin.thomsen@quantum.org.au) or Phone (03) 5120-2000

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