

Bunbury Catholic College Mercy Campus P&F presents...

# Taming the Stress Monster in Adolescence

with Maggie Dent



Today's world is full of the immediacy of a busy life and it is impacting on our children and adolescents. This seminar for people who support adolescents explores the what, the why and most importantly the how of calming our children and especially our rapidly transforming adolescents. The bumpy ride to adulthood can be challenging at times. Maggie explores stress and ways for adolescents to understand and help each other to navigate big ugly feelings, "ANT" attacks (automatic negative thoughts), failure and disappointment. She also explores great ways to calm and relax that will help the adolescents you work or live with to study better, think better and take the high road rather than the low road on the journey to being an adult.

**Venue:** Bunbury Catholic College Hall, Rodsted Street, Bunbury

**Date:** Wednesday, 14th June 2017

**Time:** 6pm for a light supper, Maggie Dent to speak from 7pm – 9pm

**Cost:** Adult \$30; Teens 14+ \$20 (includes supper) **TICKETS LIMITED**

**Bookings:** Tickets will be on sale from 1st April @ 9am until 14th June  
@ noon at [www.trybooking.com/271680](http://www.trybooking.com/271680)

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[www.maggiedent.com](http://www.maggiedent.com)



**Maggie Dent**  
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