

Free Parent Seminar

MLMC Lecture Theatre

Wednesday, 21 June

7.30pm

Resilience Program



Parents of Year 7 and 8 students will be aware that the College has been running workshops with the students on how to build resilience to the the difficult situations life can throw at us. The programs use evidence based approaches to building resilience, in order to develop mental health.

THE GOOD NEWS IS: Mount Lilydale Mercy College is holding a parent evening to help parents learn some of the techniques we are teaching our students.

The seminar is open to **ALL PARENTS FROM ANY YEAR LEVEL** who may be interested in learning some tips on how to improve their child's resilience.

The presenter of the evening is Mr Hugh van Cuylenburg, *Founding Director/ Presenter of the Resilience Project*. Hugh has been working in education for over 13 years. Starting out as a primary school teacher, he then moved into a position working in a secondary setting with disengaged adolescents. The highlight of his teaching career was the year he spent in the far north of India volunteering and living at an underprivileged school in the Himalayas. It was here that he discovered resilience in its purest form.

Inspired by this experience Hugh returned to Melbourne and commenced working on his own programs for schools. 'The Resilience Project' was born. Having completed his post grad. studies into mental health and resilience, Hugh has developed and facilitated programs for over 300 schools Australia wide. In 2015, the National Rugby League asked Hugh to design and implement a program for every club in the competition. Off the back of the success of the NRL program, Cricket Australia were quick to follow for all their professional sides. Hugh has also worked closely with the Australian Netball team and 11 of the AFL sides.

