



# FAMILY, PARENTING and CHILDREARING CHANGES

**“My MENTAL HEALTH is my RESPONSIBILITY”**

**FREE Discussion Group Session by Mark Le Messurier**  
**2022 SA Senior Australian of the Year**

In this workshop the focus question is – “How can PARENTS achieve the best MENTAL HEALTH for their CHILDREN?” But first I’ll set the scene by introducing what many children must navigate today. It is a troublesome “new normal”. It is a SNAPSHOT of hardships hardly recognised.

Some mental health issues arise from the unexpected twists and turns of life, and the associated trauma. Some mental health issues are well outside of our control and are heavily influenced by disability, disorders, loss, illnesses and so much more. However, by using MENTAL HEALTH HYGIENE PRINCIPLES we achieve 2 things:

Firstly, our everyday behaviours, habits and routines place our children in a position where they absorb the protective principles we model.

Secondly, if your child experiences a spell of mental health difficulties, they will be sustained by these MENTAL HEALTH HYGIENE PRINCIPLES you have put in place, and they have learnt to live by.

Isn’t it ironic that our children’s mental health hinges on our awareness, understanding and modelling of MENTAL HEALTH PRINCIPLES!

Each of the Mark’s seminars are taken directly from his newest book –

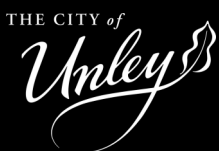
**Guiding Kids Through the Tough Moments:** Techniques to build a space where children can thrive (2022)

*This book centres around those moments when we must get involved, or call a child out on an unsafe, careless, or selfish action. Pitched well beyond the superficiality of making ‘happy families’ or ‘obedient classes’, Mark dives into the colour and chaos of life. In his typical style, he provides guidance for navigating the commotion, the processes and grit required, especially in the tougher moments. His book outlines a special set of attitudes and skills described as using our ‘soft eyes and warm hearts’. In this space, we hold a child or teen accountable using an almost counterculture mindset. One that connects leadership and strength, directly with kindness. Mark believes that if we are to improve our relationships, outcomes and futures with this generation of kids we must commit to truthful conversation, reflection, and preparation.*

**WEDNESDAY 22 November, 2023**  
**10am to 12noon**

Bookings essential, email [pdale@unley.sa.gov.au](mailto:pdale@unley.sa.gov.au) or phone 8372 5180

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