



FREE Wellbeing and resilience workshop for young people

In recognition of SA Youth Week, the Department of Human Services in partnership with Northern Volunteering SA and City of Playford is delivering a free workshop to provide young people with training in wellbeing and resilience skills.

Resilience and wellbeing

If you would like to live a meaningful life, feel empowered to make change, be happy, healthy, connected to your environment and the community and survive and thrive in the face of adversity you might be interested in coming along to this workshop where you will learn practical techniques and strategies to improve your wellbeing and resilience.

Facilitated by Donatella Amos from Northern Volunteering SA, you will learn about:

- Positive emotions (feeling good)
- Engagement (being completely absorbed in activities)
- Relationships (being authentically connected to others)
- Meaning (having a purposeful existence)
- Achievement (having a sense of accomplishment and success)

You will also learn three key tools:

- Gratitude (using positive emotions to fuel resilience)
- Active Constructive Responding (a communication technique to help build, maintain and strengthen important relationships)
- Event Thought Reaction (using your thought process more effectively to better understand your reactions to events)

Why not come along and learn strategies to live a positive and happy life

When

Thursday 6 May 2021
9:30 AM to 12:30 PM

BOOKINGS ESSENTIAL:

Register to attend

<https://events.humanitix.com/free-wellbeing-and-resilience-workshop-for-young-people>