Kingswood College Parents & Friends Association invites your parents and friends to join us...

HEALTHY KIDS: HEALTHY FOOD
Dietician, Anne Netherway, will guide parents with those tricky questions:
• Healthy lunchboxes – what to pack? – how to treat?
• Managing a fussy eater
• Keeping a balance e.g. teen diets, vegetarianism

Tuesday 18 September
7.30 pm PFA business meeting
8.00 pm speaker
in the Cato Centre
RSVP by email to: jkeynton@bigpond.net.au
or by telephoning
9896 1700

Promoting Mental Health in Children & Adolescents
Cheryl Ritter and Deb Lawrence
Eastern Health Child and Adolescent Mental Health team:
What supports positive mental health in children and teens?
What are the normal ups and downs?
How do these differ from anxiety or depression?
Where do we go for assistance?

Tuesday 30 October
7.30 pm
PFA business meeting
8.00 pm speaker
in the Cato Centre
RSVP
as indicated for September