

WASCA General Meeting & Wellness workshop

Dear WASCA Member,

The President and Executive Committee invite you to attend the WASCA General Meeting and workshop, **Wednesday 23 August 2017**, Floreat Surf Life Saving Club, West Coast Highway, Floreat Beach, 3.30pm.

Program:

3.30pm	WASCA General Meeting
4.15pm	Presentation of the Nan Marlow Award for Excellence in Volunteering <i>Thanks to Just Pizza Company, presented by Simone Trehwella</i>
	Afternoon tea
4.30pm	Wellness workshop by Direction Psychological Services
5.30pm	Close



Wellness workshop

Keeping mentally healthy is just as important as keeping physically healthy.

Working within a school means you regularly engage with a wide range of people. This often includes students who have emotional and psychological distress. It is important to understand your personal and professional boundaries, and the impact of compassion fatigue.

Clinical Psychologist Karen Huggett, *Direction Psychological Services* Director, has over 20 years' experience working with adults, children, families and couples. She has a particular interest in working with children and teenagers and a focus on providing early intervention and preventative programs within the Perth community. The workshop will include:

- The most common child & adolescent mental health issues and how to recognise the signs
- Understanding your school policy, including referrals to a psychologist
- Compassion fatigue: what is it and what are the signs
- Strategies for setting practical boundaries at work
- Recognising your own signs of stress
- Implementing self-care and stress management strategies.



Who should attend: canteen staff and volunteers, parent body representatives, parents and school nurses. Other members of your school community, including the Principal and teachers, are also welcome to attend.

Please RSVP by Friday 18 August on 9264 4999 or michelle.calder2@education.wa.edu.au

We look forward to seeing you there.



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waschoolcanteens.org.au

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