

MEDIA RELEASE

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Encouraging young people to adopt a mentally healthy attitude

With 1 in 4 Australian adolescents diagnosed with a mental illness, Towong Shire Council and the Corryong Neighbourhood Centre is pleased to host founder of The Resilience Project, Hugh van Cuylenburg for a free community information session. The 'Teaching resilience at home' session will be held on Wednesday November 1, 7:00pm at the Education Community Activity Centre in Corryong College.

Aimed at providing support and education to parents and carers on methods young people can adopt for a mentally healthy attitude, the session will work to build resilience through simple and practical exercises.

"The Resilience Project emphasises using evidence-based strategies grounded on the values of gratitude, empathy and mindfulness to improve mental health" explains Towong Shire Council Mayor, Cr David Wortmann.

"Council is grateful to be able to assist in supporting local youth and their parents with such an important area of health, one which cannot be overlooked", Cr Wortmann said.

Project founder Mr van Cuylenburg says the session is designed to be "highly engaging" and "anecdotal" in its presentation so people can enjoy and relate to it more.

The Resilience Project is a free 90 minute session, bookings are essential and can be made by calling Council on 02 6076 2160 or visiting the Corryong Council Office.

For more information on The Resilience Project, visit <https://theresilienceproject.com.au/> .

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