

# Youth Development Week



Bookings are essential. To book your spot in one or more workshops, visit [www.campbelltownyouth.com](http://www.campbelltownyouth.com) and fill in the online submission form or call 8366 9213.

*All sessions are free!*

## Youth: Mental Health First Aid

This accredited course teaches young adults aged 17 - 25 how to provide initial support to young people experiencing mental health problems.

**Date: Saturday 18 & Sunday 19 September 2010**

**Time: 9am – 4pm (each day)**

**Location: Campbelltown Library**

**171 Montacute Road, Rostrevor.**

*Style: Interactive workshop with individual and group based activities. Full catering provided.*

## Will they or won't they? How to talk to teens about Alcohol and Drugs.

Leanne Vuong, Training and Education Officer from DRUG ARM will lead a straight-talking essential discussion about youth and AOD (Alcohol and Other Drugs). This must attend workshop for parents of 15 - 25 year olds, will present the hard facts, practical advice and life-saving survival tactics and give parents the confidence to talk their teens about AOD.

**Date: Monday 20 September 2010**

**Time: 7pm – 9pm**

**Location: Campbelltown Function Centre. 172 Montacute Road, Rostrevor.**

*Style: Lecture based learning, with Q&A feature. Refreshments provided.*

## From Paddock to the Plate “Master Class”

Masterchef's Adele Fragnito and Emily Jackson, author of “*Special Days for School Canteens - Healthy Eating Made Easy*”, will lead an interactive master class for 12 - 18 year olds to build confidence in making healthy food on a budget.

**Date: Tuesday 21 September 2010**

**Time: 6:30pm – 8:30pm**

**Location: Glynde Lutheran Church.  
15/17 Glynburn Road,  
Glynde.**

*Style: Hands on cooking lesson and “cook-off” with; “eat what you make” feature.*

