



# Talk To Ten

**Talk to Ten** is a new online initiative providing research based support to parents and educators that will be offered in plain language and covering all topics of Mental Fitness AT NO COST.

**Talk To Ten** will be led by Maria Ruberto, psychologist, and Anthony Hurst, psychologist. It is a ten week pilot webinar program, where once a week, we will present a mental health topic relevant to this municipality for young people, for 10 minutes. Following the information and research topic, there will then be 10 minutes given to any questions from the virtual audience. Ten minutes on topic and ten minutes on discussion.

**Talk To Ten** is an online “teach and talk” forum targeting parents and educators to support children and adolescent mind health. Salutegenics is a clinical and consulting psychology practice which has been delivering evidence-based services to the Moonee Valley community for over 10 years. We have worked closely with schools in this municipality and have provided systemic interventions for school communities, both professionally and personally to staff, families and young people.

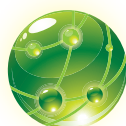
<p>TOPIC <b>1</b></p> <p>Coping with Change from CV19 Lockdown</p> <p>6 Oct 2020</p>	<p>TOPIC <b>2</b></p> <p>Managing Blended Spaces in CV19</p> <p>13 Oct 2020</p>	<p>TOPIC <b>3</b></p> <p>Signs your Child might be Worried/Anxious</p> <p>20 Oct 2020</p>	<p>TOPIC <b>4</b></p> <p>Soothing through Co-connections</p> <p>27 Oct 2020</p>	<p>TOPIC <b>5</b></p> <p>The Wheel of Wellbeing</p> <p>10 Nov 2020</p>
<p>TOPIC <b>6</b></p> <p>Creating Calm Sleep in Lockdown</p> <p>17 Nov 2020</p>	<p>TOPIC <b>7</b></p> <p>Understanding the Circles of Emotions</p> <p>24 Nov 2020</p>	<p>TOPIC <b>8</b></p> <p>Play and Pleasant Emotions</p> <p>1 Dec 2020</p>	<p>TOPIC <b>9</b></p> <p>Movement to Manage Moods</p> <p>8 Dec 2020</p>	<p>TOPIC <b>10</b></p> <p>Constructive Conversations with Children</p> <p>15 Dec 2020</p>

## To be part of this free online program for parents.

Please register your details with Lyndal Soliman at Salutegenics [lyndal@salutegenics.com.au](mailto:lyndal@salutegenics.com.au). **Just register once to attend any or all of the webinars.** The TT10 sessions will run every Tuesday night at 7:00pm, starting on the 6th October 2020. This community program is sponsored by The City of Moonee Valley.

Name:			
School Attends:			
Email:			Home Postcode:
Phone Number:			No. of People Viewing:
Number & Ages of Children:			

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Suite 3b, Level 1, 80 Keilor Road, Essendon North Vic 3041 (03) 9374 2949  
[lyndal@salutegenics.com.au](mailto:lyndal@salutegenics.com.au) [www.salutegenics.com.au](http://www.salutegenics.com.au)