

ROADMAP TO RECOVERY

Community talks and Q&A on Mental Health

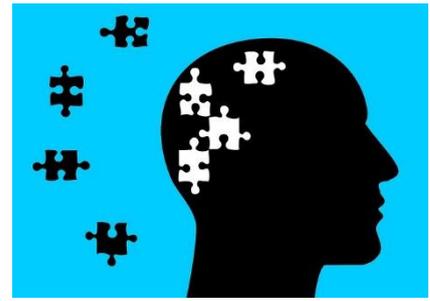
When: Thursdays in November, 6:30 – 8:30pm (1st, 8th, 15th and 22nd)

Cost: Free

Speaker: Lynne McCall, Applied Physiologist

Where: Currawong Community Centre, Currawong Street, Mornington VIC

To Register: Search “Information Medicine” in Events on Facebook, text TALKS to 0403 281 318, or email us at: events@info-meds.com to receive a link to the registration form – places are limited.



CPE certificates available

Mental, emotional, cognitive and social wellbeing begin in infancy and childhood. Regardless of the label of the disorder, there is still a vital living person within.

The most common questions that people have raised during Lynne’s 25 years of practice as an Applied Physiologist are

- What is happening?
- Why is it happening?
- What did I do wrong?
- Can it be fixed?

Understanding how the brain develops, reacts and motivates is vital to understanding most aspects of stress, mal-adaptive behaviour and disabilities.

This series combine Lynne’s clinical experience and education in Complementary Medicine, Education and Psychology into a unique insight into the management of mental, emotional, learning and social stress. These talks will provide information on: how neurology influences behaviour, strategies to manage behaviour and, a roadmap to recovery.

Talk 1: Lifelong Mental Health for Children, Adolescents, & Adults

Thursday November 1st

Lifelong mental wellbeing begins in early childhood. This talk discusses how mental distress begins, evolves and progresses across the lifespan

Talk 2: Mood Disorders – Depression, Anxiety, and PTSD

Thursday November 8th

Mood disorders lie on a spectrum between depression and anxiety. The labels of these disorders vary depending on which behaviour manifests from the dysfunctional brain.

Talk 3: Learning Disorders – Balance, Sleep, Hearing, Vision and Speech

Thursday November 15th

Learning difficulties commonly reflect reduced efficiency in the sensory, motor, or cognitive brain functions. They are usually not deficits, but reduced access to vital neurological links to and within the brain itself.

Talk 4: Developmental Disorders – Autism Spectrum, HFA, ADHD, and OCD

Thursday November 22nd

Disorders of development involve the ability to connect, perceive, and interact with the outside physical world. Interruptions within the sensory perception systems, and the resulting high reactivity, reflect reduced efficiency in the sensory, motor, or cognitive brain functions. People suffering these disorders often present as disengaged, reactive, and unpredictable.