



Well-being Information Evening
7-9pm, Wednesday 15th May 2019
Aboyne Academy

7pm Theatre

Mental Health and Well-being in School

- Ashley Easton, Claire Drewitt, Principal Teachers of Guidance

Substance Misuse and Related Issues

- Keith Greig, Adam Mellis, Carol Muir, Police Scotland / NHS

8pm (approx.) Workshops

(Walker Building)

- Each repeats three times, approx. 15 minutes each.

Anxiety

– Karen Inkster, Pupil Support Worker

Resilience

- Lindsay Lumsden, Community Learning

Online Safety

- Jenny Law, Graeme Rennie Principal Teachers of Guidance

Mental health / Self-harm

- Kirstie Moodie, Principal Teacher of Guidance

There will be teas/coffees available in the Walker building and the opportunity to ask presenters individual questions.