

Schools and Community Organisations Exchange

“Thinking Traps” strategies to support young people with school refusal

No Charge

You're invited to a Schools and Community Organisations Exchange hosted by Brimbank City Council.

Thinking Traps is an interactive and engaging workshop related to school refusal, with the focus on addressing the unhelpful thinking styles students adopt when school refusal pops up.

Based on Cognitive Behavioural Therapy (CBT) this workshop will provide staff with a meaningful framework and set of tools for identifying what types of thinking traps students often get tangled in when refusing to attend school.


Presented by Toolbox Education.


Toolbox delivers a wide range of preventative mental health tools for teens as well as wellbeing workshops designed by psychologists for students, staff and organisations.

This is part of Council's regular exchange with the education and community sector in Brimbank, and aims to build networks, develop reflective practices and create better outcomes. Council facilitates the exchange program twice a year in Terms 2 and 4 with short, sharp, constructive sessions.

Schools and Community Organisations Exchange

 **Thursday 19 October 2023**

 **9am refreshments
9.30-11am session**

 **Brimbank Community and Civic Centre
- 301 Hampshire Road, Sunshine. Level 3 event space**

RSVP essential:

<https://brimbank-scoe-2023.eventbrite.com.au/>

School representatives, organisations assisting young people and early years practitioners encouraged to attend this workshop.



For further information contact
Learning@brimbank.vic.gov.au

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