Guest Speaker: Maria Ruberto

Maria is the founder and director of Salutegenics Psychology, a strengths-based practice that moves people in personal and professional coaching toward mental fitness and life-health. Maria’s work is heavily influenced by Positive Psychology theory.

Maria is a psychologist with over 10 years experience in working with children, adolescents and adults within the Mental Health framework.

In this session Maria will discuss:

- Encouraging resilience
- How to identify your daughter’s strengths
- The role of the parent mentor
- Communication with your daughter
- Constructive criticism and encouragement

Wednesday 24th June, 7pm to 8pm at

St Aloysius College

Please register your attendance by emailing communityconnect@aloysius.vic.edu.au or call our Community Development Manager, Jodie McLeod on 9329 0411