

CDU YOUTH FUTURES WORKSHOP

Thursday 15 April 2021, 9am - 2pm

Attend in person at CDU Stadium, Marrara or join us online



Take part in workshops on:

**Mental
Health**

**Allocating
time for work
and play**

**Your road
so far, it's ok
if you don't
have a map**

**Discovering
Resilience**

Hear from our Keynote speaker Hugh van Cuylenbury, The Resilience Project, about incorporating resilience strategies into everyday life.

Find out about local youth support services you may not know are available to you right now.

Whether you attend our event in person or online you'll receive a free gift from us for participating!



**Register to attend at
cdu.edu.au/events**

