



Scottish Spring Study Day 2019

Saturday 27th April 2019

9am – 2:30pm

Focus on Mental Health & Mindfulness

Program

09.00 – 09.30; Registration, Networking & Housekeeping

09.30 – 10.15; *“Update”*, Tina Clegg, HPSET Chair & Norma Jun Tai, Representing NAHPS

10.15 – 11:00; Comfort Break

11:15 – 12:00; *“Mindfulness Session”*

12:00 – 12:45; Lunch and Networking

12:45 – 13:30; *“A Youth Worker’s Role in Mental Health”*

13:30 – 14:15; *“A Young Person’s Journey through Mental Health”*

14:15 – 14:30; Close & Questions