

## Workshop on Mentoring Youth for mental health

**When:** 28<sup>th</sup> to 29<sup>th</sup> February 2020 (Friday & Saturday)

**What duration:** 2 full days (9.30 am to 4.30 pm)

**For whom:** College teachers from non-psychology backgrounds, mentors dealing with youth ( 17 - 25 years)

**Where:** NIMHANS Center for Well-being, BTM Layout, Bengaluru

**What's the fee :** 1000/-

**Who is the resource person:** Dr Seema Mehrotra, Positive Psychology unit, Professor, along with research staff, Dept. of Clinical Psychology, NIMHANS, Bangalore.

**Upper limits:** Max. no. of participants: 30 (and not more than 4 from any one institute)

**What will be the coverage of topics:** Mentoring needs of youth, supporting positive youth development through mentoring, do's and don'ts of mentoring; offering support for mental health and wellbeing during routine mentoring interactions with youth, motivating and helping youth mobilize resources in times of distress.

**How to register?** Please drop us a mail, with the subject line - mentoring. Tell us about yourself and why you wish to participate: [positivepsychology.nimhans@gmail.com](mailto:positivepsychology.nimhans@gmail.com) (before 21<sup>st</sup> of February 2020)