



# Mental Health In Sport!

## Sharks Education Evening

Thursday 7 August 2014 at 7.30 pm

Holy Spirit Hall Oban Road Ringwood North

Michael Inglis

Father, Sharks Coach and AFLPA Psychologist

Michael is the Director of 'The Mind Room'

A Wellbeing and Performance Psychology Clinic where not only do people attend to discuss mental health issues, but consult to learn how to thrive in life.

Michael has volunteered his time to present to PARENTS AND PLAYERS on issues and strategies associated with dealing with disappointment in our highly pressured lives with a focus being around sport and in particular football.

Gold coin donations are welcomed!

For further information, visit our website –  
[sharksjfc.org.au](http://sharksjfc.org.au) – or contact

Sean Woods - President: 0407 886 817

