

3rd September 2010

Beautiful souls in Sanctuary Point

Shoalhaven City's Beautiful Souls workshop will run again this year and be held at the Sanctuary Point Youth and Community Centre on the 23rd of October.

This free workshop addresses the issues of depression and suicide in teenagers and adolescents. Fay Jackson, an award winning motivational speaker, will be a special guest and make a presentation that will inspire those affected by depression. Fay is the CEO of Vision In Mind, an organisation that offers education and training, mentoring and mediation as well as links and advice on other support networks in the community.

Shoalhaven City Council has been hosting this workshop for 6 years and it attracts up to 100 participants. Manager of Community Services, Mr Alan Blackshaw says, "Although many people suffering from depression don't normally feel inspired or motivated, this workshop reaches out to them in a way that empowers the individual to believe in themselves and take control of their situation."

These workshops are youth specific, but are also open to the general community. Sadly seven people die as a result of suicide each day in Australia, making these kinds of workshops relevant to everyone in the community.

Sponsored by Shoalhaven City Council, the Shoalhaven City Council Youth Advisory Committee, Shoalhaven Suicide Prevention Awareness Network and Bay and Basin Community Resources, the workshop is certainly considered to be a vital social resource.

This year Beautiful Souls will run from 12pm-4pm and the activities will run as follows.

- Free BBQ sausage sizzle lunch from 12pm-1pm
- Youth acoustic performances 1pm- 1.30pm
- Workshop/presentation by Fay Jackson from Vision in Mind
- Question and answer time and afternoon tea 2.30-4pm

Shoalhaven City Council welcomes everyone, especially its young people to come along and be a part of this inspirational workshop.

For further information on Fay Jackson and her work visit <http://www.visioninmind.com.au/aboutus.html> or for workshop enquiries contact Council's Youth Development Officer on (02) 44293298

