



# Media Release

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<b>To:</b>	All Media	<b>Attn:</b>	The Editor
<b>From:</b>	KDZ Marketing Team	<b>Date:</b>	28/04/09
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The Editor,

I am sending the below information for your perusal and publication. I would like to thank you in advance for your service and for any exposure that you may give us to continue helping Maltese Youth we work with.

## Conference: 'Young People and Stress...'

Youth is a phase in one's life in which the person makes the transition towards an independent status. The changes, in responsibilities, nature of relationships, and life vision, may promulgate anxiety causing stress to the young person and to those living in close proximity. This conference has the aim of encouraging a more holistic understanding of youth and young people.

This conference will be held at St. James' Cavalier, Valletta on Saturday 9<sup>th</sup> May 2009 from 09.00 to 14.30. The event is intended for youthworkers, teachers and human resources personnel who work closely with young people. The event is a joint project by six different organizations, these being the Diocesan Youth Commission (KDZ), Agenzija Sedqa, St. Theresa College Learning Support Zone, Valletta Community Network, St. James' Cavalier and Richmond Foundation. This collaboration emerges as a positive experience through which every agency and organisation is making best use of resources at its disposition. The holistic outlook towards young people is reflected in this collaboration and synergy created between the organisations coming together to implement the educational endeavour. The different organisations work in different environments and through different levels with young people, and hence, in coming together, the aim is to project an understanding of youth from these different levels. We understand that through our collaboration and synergy together, we can deliver a meaningful message in Maltese society.

Lecturers Dr. Marilyn Clark, Ms. Miriam Teuma, Mr. David Parnis and Ms. Dolores Gauci will be expanding on the subject with lectures focusing on understanding adolescence, in particular on various issues which might instill stress in young people as well as how to help them prevent, and overcome stress. Mr. Aaron Borg will be launching a resource pack with prepared sessions for youth leaders and teachers which will be distributed free of charge to all those present. The Hon. Clyde Puli, Parliamentary Secretary for Youth and Sports, will be addressing the opening of the conference. \_\_\_END■■■■\_\_\_

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