



Tanya Gordon speaking on overcoming depression at the free Community Talk at the Town Council organised by Teen Challenge

Dancing in the Dark

Tanya Gordon

Community Talk

27 August 2008



Tanya with Vivien from Teen Challenge



Above - Tanya signing CDs at St Philip's and Right - with Rita from MHACA and Peter from Headspace



On 25-29 August, singer Tanya Gordon visited Alice Springs to give a free Community Talk and visit local high-schools to talk about her journey living with and overcoming depression. Tanya's visit was organised by Vivien Wilson from Teen Challenge which MHACA helped to promote, and MHACA Training and Promotions Officer, Rita Riedel, and Headspace Community Development Officer, Peter Bourke, also attended Tanya's visit to St Philip's and her mid-week Community Talk to provide follow-up information on local services and resources.

Tanya is an inspiring speaker who struck an instant chord with her audiences, particularly the high-school students. As the teachings of Narrative Therapy highlight, there is deep value in sharing our stories, not only making us stronger but also helping and inspiring others.

The feature track on Tanya's latest CD is the feature song on the recently released Salvation Army DVD 'Braver, Stronger, Wiser' aimed at beating depression in rural Australia.

Braver, Stronger, Wiser

The Salvation Army is working to beat depression in regional Australia.

The Salvation Army has launched its 'Braver, Stronger, Wiser' project in a bid to help those living with depression in rural Australia.

A DVD has been produced for the initiative with information on managing depression, and includes the journey of four regional Australians ... who worked through depression and have emerged successfully.



For more information on her journey & music visit www.tanyagordon.com



To find out more or order your DVD visit - www.salvos.org.au/about-us/news-and-resources/braver-stronger-wiser/