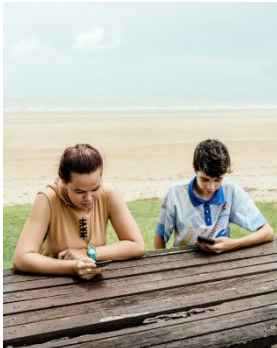


upcoming sessions

Parents, Carers, and Community Members in Murrumbidgee are invited to attend a free mental health education session in Term 1.



The sessions aim to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Increase your knowledge and understanding of the mental health challenges facing young people today.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.



Helping my young person during COVID

Date: 14/2/2022

Time: 6:30 PM – 7:45 PM AEDT

Location: Online webinar

Registration: <https://bit.ly/3zX4zBK>



Helping my young person during COVID

Date: 16/3/2022

Time: 6:30 PM – 7:45 PM AEDT

Location: Online webinar

Registration: <https://bit.ly/31XOH5B>



For more information

Contact us at programsupport@headspace.org.au