Mukinbudin DHS invites secondary school parents and carers to attend a FREE mental health education session covering:

# supporting your young person’s mental health and wellbeing

# Education sessions for parents and carers

* information about mental health and wellbeing in adolescence
* how to have conversations with young people about mental health & wellbeing
* strategies for parents/carers about how to support their young person

When

Tuesday 29th October
2:00-3:00pm

Where

Mukinbudin DHS

RSVP

Email allison.nixon@education.wa.edu.au or call 08 9047 1053

(Not suitable for children/young people).

This session is delivered by the Schools Suicide Prevention Activities team. This initiative is funded by the Australian Government.