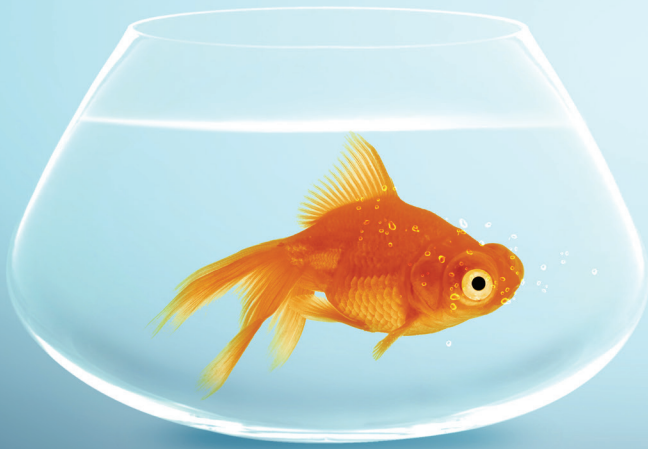


# Small Fish, Big Pond



## How to manage the transition to high school

**Have you ever felt like your son or daughter could use some guidance around mental health and managing the transition to high school?**

We've found that live presentations from trusted mental health organisations are one of the best ways to prepare you and your children for this exciting new chapter!

Join us for a free interactive webinar as Ryan Usher from Headspace and Nick Kenny from KYDS Youth Development Service present "Small fish, big pond: How to best manage the transition to high school".

You will learn:

- The most common reasons for counselling young people are presenting with right now
- Simple and effective strategies for you to offer them the best support
- What the top questions and concerns young people have about high school are
- The most effective ways for them to maintain and build both old and new friendships
- How best to explain "resilience" to a young person and equip them with the right skills
- What counselling pathways are available in your area and how to access them
- And plenty more

**When** Wednesday 9 November  
**Time** 6.30 - 7.30pm

**When** Thursday 24 November  
**Time** 6.30 - 7.30pm

**Where** Online. A link to the webinar will be sent closer to the event date.

Bookings essential at [www.ryde.nsw.gov.au/transitiontoschool](http://www.ryde.nsw.gov.au/transitiontoschool)

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