



YOUTH FOCUS IN CONJUNCTION WITH
Trinity College PRESENTS

Breaking the Ice: Having a Conversation about Mental Health Workshop

WHAT Parent Workshop

WHERE Trinity College

DATE 16th November 2021
6-7.30pm



Youth Focus engages young people and their community to amplify learning and opening up community wide conversations about mental health.

Session Content

- ▶ Facts and statistics about mental health and suicide
 - ▶ Challenges of adolescence
- ▶ How to maintain good physical and mental health
 - ▶ Depression and anxiety
 - ▶ How to help yourself or someone else

➔ youthfocus.com.au

 youthfocus

hello@youthfocus.com.au | 08 6266 4333
54 Goodwood Parade Burswood WA 6100