

PARENT SUPPORT AND EDUCATION SESSIONS – Term 4, 2025

The Loddon Children's Health & Wellbeing Local offers free weekly education sessions that address mental health and wellbeing. The sessions are run by a mental health or allied health clinician.

Sessions are open to any parents or carers of children aged 0-11.

Why join in?

- Talk to Local staff about your child.
- Ask any practical questions you have about parenting now.
- Gain support for yourself as a parent.

Where: The Loddon Child and Health Wellbeing Local, 19 Helm St
KANGAROO FLAT 3555. Enter via the green porch at the back of the site.

Dates and topics: Wednesdays (Face to face)



WHEN	TIME	TOPIC
Oct 8 th	9.30am	What is autism and how can I help
Oct 15 th	9.30am	ADHD What is it and how can I help
Oct 22 nd	9.30am	Anxiety in kids
Nov 5 th	9.30am	Parent Wellbeing
Nov 12 th	9.30am	Sensory Issues
Nov 19 th	9.30am	Managing big feelings
Nov 26 th	9.30am	PDA questions and Answers
Dec 3 rd	9.30am	Setting limits and family rules
Dec 10 th	9.30am	Building social Skills/self esteem

If you have any questions, please contact Annette Clemments on 1800 433 977.

Book in via email icfhlocals@bchs.com.au, please state the name of the session you will attend and your name as well as your child's name.