



connecting & communicating with your young person: parent / carer webinar

headspace National in conjunction with headspace Mildura and Swan Hill are presenting a webinar for parents and carers of young people.

Information presented will cover:

- Understanding your young person, and recognising mental health difficulties.
- Managing the challenges of parenting young people today.
- Having better conversations with your young person.
- Connecting your young person with the right help and support.

The webinar will consist of a presentation on mental health, with a focus on noticing mental health difficulties in young people and supporting them to open up and communicate with you about their challenges, in order to seek help if needed.

When: Monday 15th November at 7:00pm

Where: online via zoom

How do I register?

[Click here](#) to register via Eventbrite.

or copy the following URL into your web browser:

<https://www.eventbrite.com.au/e/swan-hill-and-mildura-parent-carer-webinar-communicating-with-youth-registration-169913980289>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. Please note this webinar will not be recorded.

All those who register will receive a digital information pack, after the webinar, that includes key messages as well as links to resources & support services.

Contact

For more information email:

programsupport@headspace.org.au