

KINGSTON  
YOUTH  
SERVICES



# MENTAL HEALTH 101

## PARENT INFORMATION NIGHT

### PARENTING WITH MENTAL HEALTH IN MIND

Join **Kingston Youth Services** and **headspace** for an online session designed to empower parents with the tools and knowledge they need to support their young person's mental well-being.

#### This session will cover:

- Understanding mental health in young people
- Skills to support your young person's wellbeing
- Navigating times of stress and anxiety
- When to be concerned and where to find support



**TUESDAY 26 AUGUST**  
**7:00 – 8:00PM ONLINE**  
**COST: FREE!**

