

Ballarat VIC Parent / Carer webinar: **Supporting children and young people impacted by grief and loss**

headspace National are hosting a free mental health education webinar for adult parents and carers of children and young people of Ballarat, Victoria and surrounding areas.

The session aims to:

- Provide information regarding children and young people's mental health
- Increase awareness of strategies to support children and young people impacted by loss and change
- Introduce you to some skills and strategies to encourage self care and support help-seeking
- Build awareness of local, state and national support services available to children, young people and adult carers

When:

Thursday 21 March 2024,
5-6pm

Where:

Online via Zoom

How do I register?

[Click here](#) to register via Eventbrite, or scan the QR code below or copy the URL below into your web browser:
bit.ly/3QZrKWE



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

Contact:

For more information email:
programsupport@headspace.org.au