

# Family and Friends Workshops

Parenting young people is tough. headspace Shepparton have workshops to help carers support young people to develop into resilient and emotionally intelligent young people.

## 15 May Young people, Drugs and Alcohol

This workshop will give families a better understanding of speaking to their loved ones about being safe with their substance use and about addiction. Interactive session where families will learn how to communicate on those tricky topics and lots of opportunities for discussion and to ask questions. This session is facilitated by Primary Care Connect.

## 19 June School Engagement

This workshop is for families who are finding getting their young person to school tricky. The workshop will include strategies about working with the school and about getting young people to school with the aim to making school more enjoyable. This session is facilitated by The Bridge Youth Services.

### When

Tuesday 5:30 to 7:00 pm  
(15 May/ 19 June)

### Where

headspace Shepparton  
129 High Street, Shepparton 3630

### RSVP

[Eventbrite.com.au](https://www.eventbrite.com.au)

### More information

58238800

