

# sign up for Partners in Parenting, our online parenting program

**Partners in Parenting is an evidence-based online program designed to help build your skills and confidence in supporting your high school-aged young person's mental health and wellbeing.**



The program also covers general parenting challenges, such as communication, managing strong emotions, boundaries, conflicts and staying involved in your high school-aged young person's life while they navigate their independence.



There are 10 interactive online modules to explore and you can complete them in any order and at your own time and pace. Each one will only take around 15 to 25 minutes.

Setting up a free online headspace account is quick, easy and has loads of benefits.

## sign up today!

You can access Partners in Parenting via your headspace online account. If you don't have a headspace account yet, you'll first need to create one. Once you have an account, you can access the program via 'Your interactive tools'.



**Visit [headspace.org.au/online-and-phone-support/partners-in-parenting/](https://headspace.org.au/online-and-phone-support/partners-in-parenting/) to find out more and sign up today.**



A collaboration between:



**MONASH**  
University



**headspace**  
National Youth Mental Health Foundation



**Partners in  
Parenting**