



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

headspace National in conjunction with headspace Elsternwick, 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 13th September 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://bit.ly/3ATQXXI>

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