

PARENT SUPPORT AND EDUCATION SESSIONS TERM 4, 2026

The Loddon Children's Health & Wellbeing Local offers free weekly education sessions that address mental health and wellbeing. The sessions are run by a mental health or allied health clinician at the Local.

Sessions are open to any parents or carers of children aged 0-11.

Why join in?

- Talk to Local staff about your child.
- Ask any practical questions you have about parenting now.
- Gain support for yourself as a parent.

Where: The Loddon Child and Health Wellbeing Local, 19 Helm St KANGAROO FLAT 3555. Enter via the green porch at the back of the site.

Dates and topics: Wednesdays (Face to face) please call us if you want to attend online to see if we can accommodate that.

WHEN	TIME	TOPIC
Oct 7th	9.30am	ADHD What is it and How Can I Help?
Oct 14	9.30am	What Is Autism and How Can I Help?
Oct 21	9.30am	Parent Wellbeing
Oct 28		Bendigo Cup Closed
Nov 4th	9.30am	Managing Big Feelings
Nov 11	9.30am	Navigating transitions
Nov 18	9.30am	Anxiety in Kids
Nov 25	9.30am	Social skills and self esteem
Dec 2	9.30am	Sibling Rivalry
Dec 9th	9.30am	Family rules and consequences



Book in via email icfhwlocals@bchs.com.au. Please state your name, your child's name and the session(s) you wish to attend.