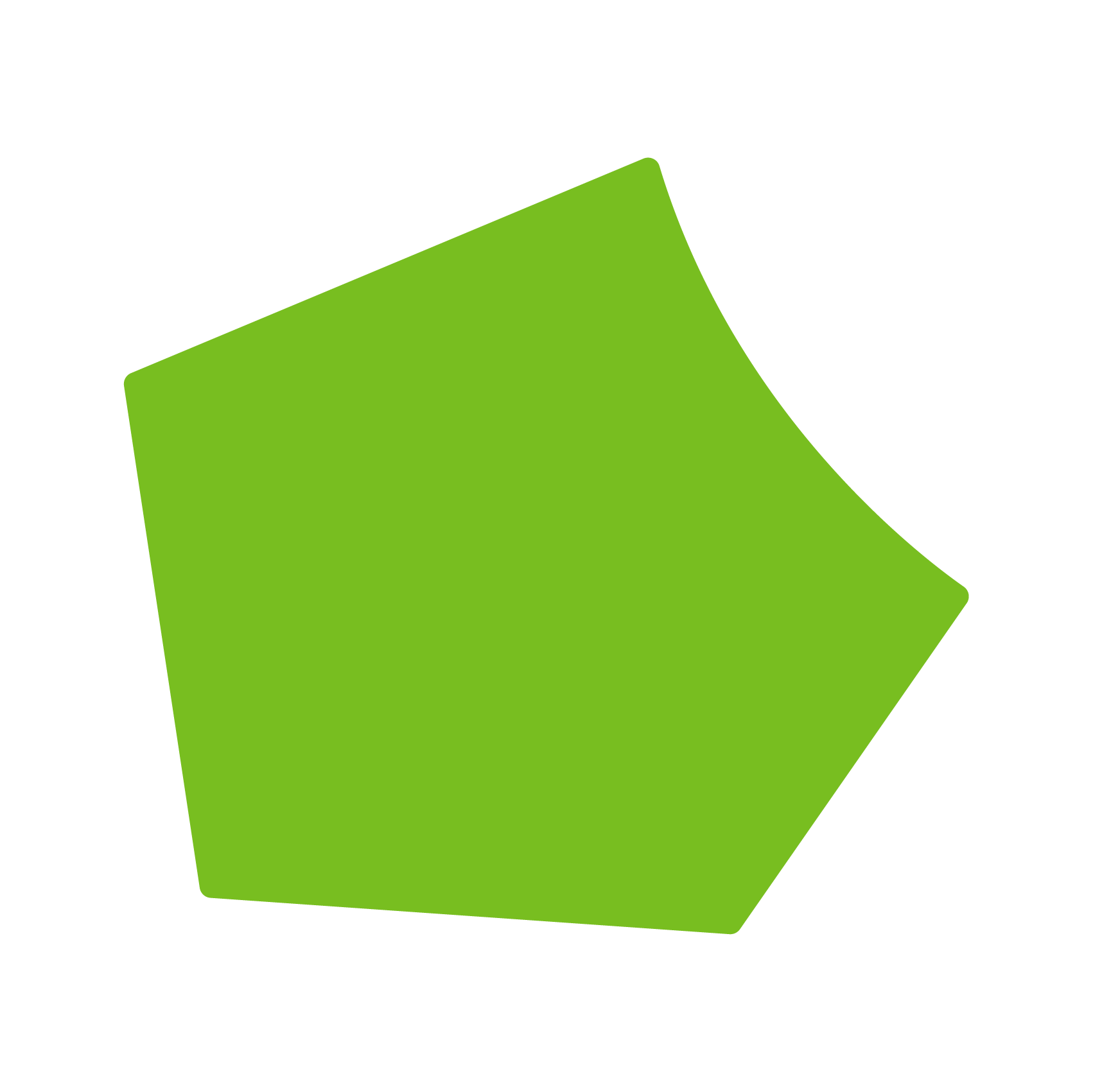
A group of people sitting at a table

Description automatically generatedheadspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers of Charlton College and St. Joseph’s students

# mental health education session for parents and carers



Wednesday 27th of November at 6:30pm

Room 1L, Charlton College (access from the driveway heading towards the front office)

For further information and to RSVP please contact Jess McGurk at Charlton College

RSVP by Wednesday 20th of November to Charlton College

This interactive session will cover:

* mental health and wellbeing in adolescence
* how to have conversations with young people about their mental health & wellbeing
* strategies for parents and carers about how to support their young person
* Where you and your young person can go for support

We look forward to meeting with you.

*Please note: These sessions are not suitable for young people to attend.*