

upcoming sessions

Parents, Carers, and Community Members in Illawarra Shoalhaven are invited to attend a free mental health education session in Term 4.



The sessions aim to:

- Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.



Communicating with young people

Date: 10 November 2021

Time: 12 – 1:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3hE6aEB>



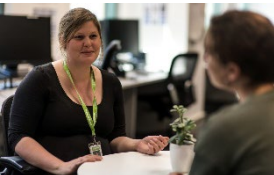
Supporting young people impacted by COVID-19

Date: 24 November 2021

Time: 6 – 7:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3nDpgG4>



For more information

Contact us at programsupport@headspace.org.au