

upcoming sessions

Parents, Carers, and Community Members in the Riverina region are invited to attend a free mental health education session in Term 3.



The sessions aim to:

- * Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
 - * Strengthen your understanding and skills in how to cope and where to find help.
 - * Build awareness of local services and the various support services available.
 - * Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.
- Need more information? headspaceSchools@headspace.org.au



Griffith

Date: 5 August 2021
Time: 12 - 1pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Albury

Date: 23 August 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>



Griffith

Date: 24 August 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>



Wagga Wagga

Date: 7 September 2021
Time: 7 - 8.15pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>