

supporting young people: notice, ask, connect

headspace National in partnership with the Department of Education Victoria, are hosting a webinar for parents and carers of young people to support their mental health and wellbeing.

The presentation will include:

- Information about mental health and wellbeing in adolescence.
- Skills and strategies to enhance your connection and communication with young people about mental health.
- Strategies for you to support your young person.
- Where to access professional support and what supports are available during the holidays.

This webinar is for adults.

When

Thursday 10th December 2020

7.00 – 8.15pm AEDT

How do I register?

Click here to register via Eventbrite.

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar on the evening.

Contact

For more information email:

MHEP@headspace.org.au