



# connecting & communicating with your young person: parent / carer webinar

headspace National in conjunction with headspace Wonthaggi are presenting a webinar for parents and carers of young people.

Information presented will cover:

- Understanding your young person, and recognising mental health difficulties.
- Managing the challenges of parenting young people today.
- Having better conversations with your young person.
- Connecting your young person with the right help and support.

The webinar will consist of a presentation on mental health, with a focus on noticing mental health difficulties in young people and supporting them to open up and communicate with you about their challenges, in order to seek help if needed.

**When:** Wednesday 23<sup>rd</sup> February at 7:00pm

**Where:** online via zoom

## How do I register?

[Click here](#) to register via Eventbrite, or copy the following URL into your web browser:  
<https://www.eventbrite.com.au/e/wonthaggi-parentcarer-webinar-communicating-with-youth-registration-226681569677>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. *Please note this webinar will not be recorded.*

All those who register will receive a digital information pack, after the webinar, that includes key messages as well as links to resources & support services.

## Contact

For more information email:  
[programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)