



Brimbank
City Council



Youth Health and Wellbeing

Staying well in Brimbank during restrictions

This year has been tough for young people in Brimbank. COVID-19 has completely changed how we live, connect and thrive. As a young person, or a parent of a young person, it's really important to know what services are out there to support you when you need it.

Join us in an online webinar on 17 September to hear about ways to support your mental health, your legal rights and responsibilities, and staying engaged with school. Hear from ex-Western Bulldogs player Tom Boyd about his mental health journey, as well as the Junior Lord Mayor of Melbourne, who is a Brimbank local!

Register and attend this event to go in the draw to win one of three pairs of Beats By Dre headphones.



Key information

 17 September

 3.45-6.15pm

No
Charge

Topics covered:

- **Youth Leadership** (Brimbank Youth Council)
- **Mental Health** (Headspace and BYS)
- **Crime & Safety** (West Justice)
- **Study Support** (Equal Ed & Brimbank Libraries)

Guest speaker: **Tom Boyd**,
ex-Western Bulldogs player,
now a mental health advocate

Ages: 12-18 years old, and parents
of young people in this age bracket.

Register here:

<https://brimbankyouthhealthwellbeing.eventbrite.com.au>

Go in the draw to win one of three
pairs of Beats By Dre headphones
(winner announced on the night)

