

PARENT SUPPORT AND EDUCATION SESSIONS TERM 2, 2026

The Loddon Children's Health & Wellbeing Local offers free weekly education sessions that address mental health and wellbeing. The sessions are run by a mental health or allied health clinician at the Local.

Sessions are open to any parents or carers of children aged 0-11.

Why join in?

- Talk to Local staff about your child.
- Ask any practical questions you have about parenting now.
- Gain support for yourself as a parent.

Where: The Loddon Child and Health Wellbeing Local, 19 Helm St KANGAROO FLAT 3555. Enter via the green porch at the back of the site.

Dates and topics: Wednesdays (Face to face)

WHEN	TIME	TOPIC
Apr 22	9.30am	ADHD What is it and How Can I Help?
Apr 29	9.30am	What Is Autism and How Can I Help?
May 6th	9.30am	Parent Wellbeing
May 13	9.30am	All about anger
May 20	9.30am	Managing Big Feelings
May 27	9.30am	Tech Troubles
Jun 3	9.30am	Anxiety in kids
Jun 10	9.30am	Family rules and consequences
Jun 17	9.30am	Sleep



If you have any Questions, please contact Annette Clemments on 1800 433 977 Book in via email icfhlocals@bchs.com.au. **Please state your name, your child's name and the session you wish to attend.**