



Federation Council LGA, Parent & Carer webinar: communicating with my young person

headspace National are hosting an education session for parents and carers of young people in the Federation Council local government area.

The session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking

When:

Wednesday, 2 November 2022
6:00 - 7:15pm AEDT.

Where:

Online webinar.

How do I register?

Click here to register via Eventbrite: <https://bit.ly/3RgY2J9> or copy the URL into your web browser.

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

Contact:

For more information email: programsupport@headspace.org.au