



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

headspace National, 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 24th November
7pm AEDT

Where: online via zoom

How do I register?

[Click here](https://www.eventbrite.com.au/e/greenborough-parent-carer-webinar-communicating-with-youth-registration-189413339397) to register via Eventbrite, or copy the following URL into your web browser: <https://www.eventbrite.com.au/e/greenborough-parent-carer-webinar-communicating-with-youth-registration-189413339397>

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