

upcoming sessions



headspace is offering free mental health education webinars in Term 1, 2023 for Parents and Carers in **Western NSW**. Follow the links to register.



Navigating uncertainty and change

Date: 1 February 2023

Time: 6:00 - 7:15pm AEDT

Location: Online webinar

Registration: bit.ly/3QGstK2

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people



Connecting and communicating with my young person

Date: 2 March 2023

Time: 12:00 - 1:15pm AEDT

Location: Online webinar

Registration: bit.ly/3kINZlh

This 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



For more information: Contact us at programsupport@headspace.org.au