

headspace Schools

Mental Health & Wellbeing in Adolescence - Parent and Carer information session

Sessions targeted to Year 9-12

Parents and carers

What the session will cover:

- Understanding mental health concerns and enhancing wellbeing in adolescence
- Skills & strategies to assist your conversations with young people about mental health
- Strategies for you to support your young person and where to access professional support

Please RSVP by Friday 7 June

Wednesday 12th June

Mount St Joseph Girls' College

133 Maidstone St, Altona

7.00pm—8.00pm

Tenison Woods Learning Centre

Available to parents and carers of Mount St Joseph Girls' College students.

(not suitable for children and youths).

Sessions are funded by the Department of Health

