

FREE

Thursday 21st May 2026 - Supporting your child's mental health at 12:30pm and 5:30pm

We would like to invite parents/carers of young people to a 1/2 hour, information session which explores how to support your child's mental health -

The session explores :

- What is mental health
- What can impact mental health
- When is support needed
- What support looks like
- what to do to maintain positive mental health



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



12:30pm - Meeting ID: 364 803 359 117 0

Passcode: rp6RC3hM

5:30pm - Meeting ID: 364 803 359 117 0

Passcode: rp6RC3hM