



# PARENT WEBINARS

Join our free webinars designed to help parents better understand and support their child's mental health. From transition and stress to promoting talking about mental health with your child, these sessions provide strategies, advice, and helpful tips.

**SCAN HERE!**

**JUL  
22**

**TALKING ABOUT MENTAL  
HEALTH WITH YOUR CHILD**

**4:00 pm - 5:00pm**



**SCAN HERE!**



**LOOKING AFTER OUR  
WELLBEING**

**1:00pm - 2:00pm**

**JUL  
30**

**SCAN HERE!**

**AUG  
7**

**TRANSITION**

**10:00am - 11:00am**



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**TALKING ABOUT MENTAL  
HEALTH WITH YOUR CHILD**

**11:00am - 12:00pm**

**AUG  
13**

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**AUG  
19**

**LOOKING AFTER OUR  
WELLBEING**

**5:00pm - 6:00pm**



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**TRANSITION**

**10:00am - 11:00am**

**AUG  
26**

To sign up, please scan the QR codes