

Sutherland Shire

2026 Mental Health and Wellbeing Expo

Supporting our youth to thrive.

Join us for a powerful day of connection, education, and support as we bring together guest speakers, mental health experts and service providers.

The expo will provide important information for family members, carers and educators to better understand, discuss and improve youth mental health & wellbeing.

Date

Wednesday, 14 October

Time

10.00am- 3.00pm

Location

The Pavilion Performing Art Centre, Sutherland

More information

No booking required

Free BBQ



Free Event

