headspace
National Youth Mental Health Foundation

free webinars for parents and carers

supporting children and young people

headspace National is hosting free webinars for parents and carers focused on supporting the mental health and wellbeing of children and young people.

These online sessions offer practical guidance and evidence-informed strategies to help parents and carers navigate challenges with confidence.

these sessions aim to:

- Build understanding of young people's mental health and wellbeing
- Strengthen confidence in supporting children and young people
- Foster connection, resilience and recovery
- Enhance communication and supportive conversations
- Increase awareness of helpful supports and resources

upcoming sessions

Supporting children & young people through commemorations of the Bondi attack

- **Thursday 19 November 2026**
  12pm - 1pm AEDT
- **Tuesday 24 November 2026**
  6pm - 7pm AEDT
- **Wednesday 25 November 2026**
  12pm - 1pm AEDT

Supporting children & young people during the school holidays

- **Tuesday 8 December 2026**
  12pm - 1pm AEDT
- **Thursday 10 December 2026**
  12pm - 1pm AEDT

where

All sessions will be delivered online via Microsoft Teams

how to register

Click here or scan the QR code to find out more and register

For more information, please contact:

nswresponseandrecovery@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government