

Wellbeing Week 2021 - Parents

Monday 11th October
7:30pm

Join online session:
eSafety's parent guide
to online gaming



Click on the picture to join!

Tuesday 12th October
7:30pm

Join online session:
Building Resilience and Wellbeing in the
Home – with Smiling Mind



Click on the picture to join!

Wednesday 13th October
7:30pm

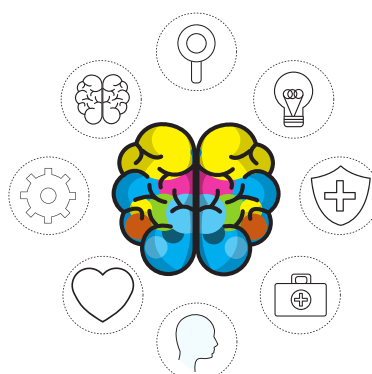
Join online session:
Supporting your young person's
mental health (Headspace)



Click on the picture to join!

Thursday 14th October
7:30pm

Join online session:
Navigating your teen's
mental health
(Black Dog Institute)



Click on the picture to join!