

Western Melbourne & Surrounds Parent/Carer webinar: **Supporting children and young people grieving**

headspace National are hosting a free online mental health education webinar for adults who are parents and carers of children and young people in western Melbourne and surrounds who have recently experienced loss

The session aims to:

- Provide information regarding children and young people's mental health
- Explore the conversational approach to talking to your child or young person about grief, loss and their mental health
- Strengthen your understanding of strategies to encourage help seeking and self care
- Build awareness of local, state and national support services available to young people and carers

When:

Wednesday 17 September 2025
5.00 - 6.00 pm AEST

Where:

Online via Zoom

How do I register?

[Click here](#) to register via Eventbrite or scan the QR code below.



All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

Contact:

For more information email:
programsupport@headspace.org.au