



## Ballarat parent/carer information session: supporting the mental health of young people experiencing grief and loss

headspace National are hosting an information session for parents and carers in the Ballarat community

**When:**  
Monday 28th November 2022,  
6:30 pm – 7:30 pm AEDT

**This session will cover :**

- Understanding the grief and loss responses of young people
- Build skills and strategies to support young people and their mental health
- Signs that may indicate your young person is at risk
- Intentional self-compassion, and looking after yourself
- Accessing additional mental health supports

**Where:**  
Online via Zoom.

**How do I register?**  
[Click here](#) to register via Eventbrite, by selecting a suitable session, or copy the URL below into your web browser: [bit.ly/3twCLBR](https://bit.ly/3twCLBR)

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](mailto:programsupport@headspace.org.au)