

Tumut High School NSW, Parent/Carer session: Supporting young people impacted by grief and loss

headspace National, in collaboration with Tumut High School, are hosting a free mental health education session for parents and carers of young people in Tumut, Adelong and surrounding towns.

The session aims to:

- Provide information regarding children and young people's mental health.
- Increase awareness of strategies to support children and young people impacted by loss.
- Explain what grief might look like, and strategies to support a child or young person who is grieving.
- Build awareness of local, state and national support services available to children and young people.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.

When:

Monday, 31 July 2023
5:30 PM - 6:30 PM AEST

Where:

Tumut High School Resource Centre,
Bogong Place, Tumut NSW 2720

How do I register?

[Click here](#) to register via Eventbrite, or scan the QR code below or copy the URL below into your web browser:

shorturl.at/jlnsV



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