* **Would you like to learn more about young people and their mental health?**

**Young People and Mental Health**

**Parent Information Sessions**

**28th March**

* **Would you like to learn how to support your young person when they go through tough times?** 

If ***YES*** - then join us for a FREE information session and learn about:

* Key indicators of a mental health problem
* Tips on supporting your young person
* Knowing when and where to get help
* Other services that can provide support (we will be joined by our colleagues from the Family Referral Service and Evolution Youth Service)
* **There are two session times to choose from - please register via the link below**
* **Contact BWSC Umina Campus or headspace Gosford on 43047870 for further information**

**SESSION ONE:**

**Date: Wednesday 28th of March 9.30am**

**Location: @ Jasmine Greens Café (free coffee provided)
Register:** [**https://www.eventbrite.com.au/e/low-intensity-treatment-expanded-for-parents-and-carers-at-bwsc-umina-campus-tickets-44009246842**](https://www.eventbrite.com.au/e/low-intensity-treatment-expanded-for-parents-and-carers-at-bwsc-umina-campus-tickets-44009246842)

**SESSION TWO:**

**Date: Wednesday 28th of March 4pm**

**Location: @ Brisbane Water Secondary College Umina Campus (refreshments provided)
Register:** [**https://www.eventbrite.com.au/e/low-intensity-treatment-expanded-for-parents-and-carers-at-bwsc-umina-campus-tickets-44008951960**](https://www.eventbrite.com.au/e/low-intensity-treatment-expanded-for-parents-and-carers-at-bwsc-umina-campus-tickets-44008951960)

**We will have a Q and A following the formal session, please email any questions to** **CCLHD-headspace-info@health.nsw.gov.au**