

Parent webinars

Click the buttons below to register for your chosen session.

Talking to your Teen

Sept 15th
7:00-8:30pm

Understanding and Supporting Young
People Experiencing Low Mood

Nov 10th
7:30-8:30pm

Self-Compassion for
Parents and Guardians

Jan 7th
7:30-8:30 pm

Enhancing wellbeing and
protective factors for young people

Mar 15th
7:30-8:30 pm