



GROWING BIG LIVES

FREE ONLINE PARENTING WORKSHOP



Friday

29 May 2020

10.00am – 11.00am



via Zoom

Facilitated by a qualified
Family Caseworker



FREE

MENTAL HEALTH

“Explaining those inside feelings and how to cope”

Provides information to parents of primary aged children around mental health needs and noticing symptoms of mental health concerns in children, how to promote healthy coping strategies, and where to get help.

WHAT YOU WILL NEED

Computer or laptop users will need a camera on this device, access to the internet and audio. Mobile or tablet users will need to download the Zoom app and have video, audio and internet.

**BOOKINGS
ESSENTIAL**

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