



# supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

## Where:

Online webinars.

## When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AET or 6 - 7pm AET.

Session dates will be listed on Eventbrite.

## How do I register?

Click the link to register for a session via Eventbrite: [bit.ly/3UVKYQM](https://bit.ly/3UVKYQM), or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

## Need more information?

Email us: [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au).