



supporting children & young people during school holidays

Free webinar for parents and carers in Central and Eastern Sydney

headspace National is hosting a free webinar for parents and carers who are supporting children and young people and their mental health during the school holidays in central and eastern Sydney.

This session aims to:

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

All those who register will be supported by a digital pack of information emailed within 5 days after the event.

Who can attend

All parents and carers in Central and Eastern Sydney

When

Tuesday 22 September 2026 6:30 - 7:30pm

Wednesday 23 September 2026 6:30 - 7:30pm

Thursday 24 September 2026 12:00 - 1:00pm

Where

Online

How to register

Click here or scan the QR Code.



for more information, contact

nswresponseandrecovery@headspace.org.au