

# Parent Webinar

Navigating your teen's mental health



## Parent learning opportunity

You are invited to attend a Parent Webinar.

### **Topic: Navigating your teen's mental health**

In this workshop you will learn about:

- What is depression and bipolar disorder?
- What is anxiety, depression and bipolar disorder?
- How to spot early warning signs in young people
- When and where to seek help
- How to support a young person you care about

There will also be an opportunity to ask questions via the chat pod in Adobe Connect.

**Date:** Thursday 12<sup>th</sup> September 2019

**Time:** 7:00 – 8:00pm

**Cost:** Nil

**Registration:** Register online at <http://www.aurora.nsw.edu.au/parent-masterclass-registration/>  
Registrations close Tuesday 10<sup>th</sup> September, 2019

**Location:** Webinar via Adobe Connect. Instructions for connecting to the masterclass will be provided the day before the event.

## About the presenter

This 45 minute presentation, facilitated by the BlackDog Institute, is delivered by a trained presenter who has personal experience of a mood disorder or of caring for a loved one. It is suitable for parents and carers of young people and provides a quality introduction to the subject. Website: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

## Further information

If you have any questions or require more information, please contact

**Kaylene Taylor**

Head Teacher, Teaching and Learning (Rel.)

Aurora College

Ph: 1300 287 629

Email: [kaylene.g.taylor@det.nsw.edu.au](mailto:kaylene.g.taylor@det.nsw.edu.au)