

Supporting Children Through Change and Uncertainty

Join the free online seminar for *Parents and Carers or Professionals* in the NSW Northern, Southern and Central Regions.

The last couple of years has brought many changes and losses for children, young people, and families all around Australia. There are so many questions about the impacts of the pandemic, natural disasters, and life changes such as bereavement, family separation and relocation - and how we can best support the children and young people in our lives.

Overview

Common questions:

- How can I talk about what is happening?
- What kind of reactions can I expect from my young person?
- How can I best support my young person?

Attendees will have the opportunity to:

- Consider the range of impacts the pandemic is having on young people
- Explore ways of managing reactions of young people
- Hear about some creative ways of providing support



Join Us

for this free online seminar to discuss helpful ways to support children and young people adversely affected by change and loss events.

Northern Region

For Professionals

Tuesday 9 Nov – 3.30 to 4.30pm

For Parents & Carers

Tuesday 9 Nov – 7 to 8pm

Southern Region

For Professionals

Tuesday 2 Nov – 3.30 to 4.30pm

For Parents & Carers

Tuesday 2 Nov – 7 to 8pm

Central Region

For Professionals

Tuesday 2 Nov - 3.30 to 4.30pm

For Parents & Carers

Tuesday 2 Nov– 7 to 8pm

The Seasons for Growth suite of programs equip school and other professionals to support children and young people, parents/carers and other adults in sharing their experiences of change and loss in safe and creative ways, understand and attend to their feelings, and learn skills for adapting and recovering.