


VHS WELL-BEING MONTH 2021

ONLINE EVENTS

 For parents and carers

MONDAY

11 OCTOBER

10:30am

Finding your groove again (Years 10, 11 & 12)

7pm

#youthgotthis Youth Mental Health Forum

7:30pm

 eSafety's parent guide to online gaming

TUESDAY

12 OCTOBER

2pm

Mpower- Become the MC

WEDNESDAY

13 OCTOBER

2pm

Let's Talk About It - Mental Health

7:30pm

 Supporting your young person's mental health


THURSDAY

14 OCTOBER

2pm

Emotional Intelligence

7:30pm

 Navigating your teen's mental health

FRIDAY

15 OCTOBER

2pm

Mental Fitness

SPOTIFY

SONG REQUEST

Send your top 3 favourite songs to
Young Peoples Playlist and be in
the draw to win a prize!

Entries close 5pm on Friday 15 October