

# **MENTAL HEALTH WEEK**

# FREE WORKSHOPS

This Mental Health Week, WA Child Safety Services is hosting two free workshops for parents.

October 8, 2024 | City of Cockburn Youth Centre 25 Wentworth Parade, Success WA 6164

#### **PROTECTIVE BEHAVIOURS**

#### 5:00pm to 6:00pm

This workshop will provide parents and carers with up-to-date information and practical strategies that can empower your child and help keep them safe from abuse.

### **SAFETY IN A DIGITAL WORLD**

## 6:30pm to 7:30pm

This workshop provides strategies for parents and carers to support their child as they navigate the digital world, educating them on avoiding harmful online experiences, and how to seek help should they need it.

#### **BOOK NOW!**



email admin@wacss.com.au phone 1300 310 083

This event was funded by the Western Australian Association for Mental Health with the support of Lotterywest as part of Mental Health Week 2024.











