

## *Keeping your teenager well*

### *Tips and practical advice for supporting your young person through their teenage years.*

With the support of local services and schools, Grand Pacific Health is holding a health information evening to provide parents and caregivers with practical and relevant information to help them support their young person.

You will be provided with information about what services are available locally and online and how you and your child can access them.

**When:** 5:30pm Tuesday 13<sup>th</sup> September (Refreshments provided)

**Where:** Bega Valley Commemorative Civic Centre, Zingel Place Bega, 'Biamanga' Room

**Who:** For parents and carers of tweens and teens

#### **Topics covered:**

- Mental Health
- Drug & Alcohol
- Sexual Health
- Positive Relationships

#### **Hear from the following experts:**

- Local GP and Nurses from the Bega Valley Medical Practice "Teen Clinic"
- Southern NSW Local Health District: Sexual Health Nurse, Drug & Alcohol Clinician
- Wandarma Aboriginal Drug and Alcohol Service
- Rural Adversity Mental Health Program
- NSW Department of Education District Guidance Officer
- Grand Pacific Health Youth Health Officer
- Representatives from local Schools

The evening will conclude with a Q & A session where you can ask a panel of local health professionals the questions that matter most to you and your child.

For more information please contact Liz Scott, Health Promotion & Youth Health Officer, Grand Pacific Health on 0417 520 101 or [lscott@gph.org.au](mailto:lscott@gph.org.au)