

# Supporting children & young people to cope

## Free Wellbeing Webinar

Join Australian Red Cross for a free webinar on supporting children and young people in these tough times.

### Are you a parent or carer?

Whether because of drought, the Black Summer fires or COVID-19, supporting children and young people has been particularly challenging in recent times. This session will provide information, advice and tips on ways to support children and young people. Ask questions, understand common reactions and signs of stress, and get practical tips of parenting through uncertainty.

Expert Natalie Fraser, psychologist and mother of two, has worked with children, young people and families for 25 years. She has extensive experience working with families in crisis and recovery in both rural and metro areas.

The webinars are free but limited to 500 attendees so register by clicking on your preferred webinar time:

- **Wednesday 26<sup>th</sup> August 6.30pm – 7.30pm**  
[https://zoom.us/webinar/register/WN\\_IXxc-NeVTAMsRW8Gf\\_VDaw](https://zoom.us/webinar/register/WN_IXxc-NeVTAMsRW8Gf_VDaw)
- **Thursday 27<sup>th</sup> August 12.30pm – 1.30pm**  
[https://zoom.us/webinar/register/WN\\_k18mfmP8RT-kblOuCu3y4g](https://zoom.us/webinar/register/WN_k18mfmP8RT-kblOuCu3y4g)

Can't join us? Recordings will be made available at

<https://www.youtube.com/playlist?list=PLpv0zJJmafLdtuxMkpMWiWdT1KCWyPU6F>

Any problems registering please contact [recovery@redcross.org.au](mailto:recovery@redcross.org.au)

