Dear all,

Drummond St services is still here for you, running many webinars, groups and events all accessible on line. There is something for everyone, from music and movement for kids in lockdown, to support with new babies, to managing uncertainty during Covid and staying connected with worried kids and teens during this challenging time.

The Geelong team will be facilitating a free webinar and then a 4 week group – this is a version of our *Parenting teens who worry* seminar and the focus is on *Staying connected with your Anxious Teen through Covid.* 

Registration is online <u>The specific link https://ds.org.au/events/parenting-teenagers-who-worry/</u>

Is worry about their future, Covid-19 and the uncertainty of our times affecting your young person's life today? Schooling, home life, relationships with family and friends and a sense of self and emotional wellbeing can all be challenged by the current crisis.

In this webinar and the optional following 4 week group, we explore how to recognise anxiety and emotional or social health issues that might be affecting all family members. We discuss ways to provide a healthy foundation for our teenagers, improve communication and understand and manage these challenges together.

The webinar will provide broad and useful strategies and the group will provide the opportunity for more interactive small group discussions.

The General link for all the events is under Parenting Support/ Events at our website <u>https://ds.org.au/</u>

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Many of us are now working flexibly and may send emails outside of 'normal' working hours. Please do not feel obliged to reply to this email outside of your working hours

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We acknowledge the traditional owners of the Kulin Nation, a place now known by its European name of Mel and acknowledge the Traditional Owners for the lands you are working on. As many of us work from home w acknowledge the traditional owners of all stolen lands of other Nations, wherever we are working on this vast land. We respect their Elders past and present. We also wish to acknowledge that they have never ceded sovereignty and they are strong and resilient in the face of ongoing colonization. Always was, Always will be Aboriginal Land.



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