Warringah Council in conjunction with The Black Dog Institute present

NAVIGATING
TEENAGE DEPRESSION

A night for parents and carers helping to support young people with depression and bipolar disorder.

Wed 21 Oct, 7 - 8.30pm

Developed by The Black Dog Institute, this presentation will cover early warning signs, how to build resilience and when to seek help.

Warringah Council Chambers
Civic Centre, Dee Why
For parents, teachers and youth workers
Free but bookings essential
youthbookings@warringah.nsw.gov.au
More info 9942 2681

Download KALOF for northern beaches youth events.