



**FREE
WEBINAR**

Transition to High School

Webinar for families

The Northern Sydney and Illawarra Shoalhaven Local Health District's School Years teams have partnered with WayAhead to offer a free Transition to High School webinar for parents and carers of children in Years 5 and 6. This session aims to support families in preparing for a smooth and confident start to high school.

The webinar will cover topics including how anxiety develops, the cycle of anxiety, adolescence-specific challenges, and practical strategies to support your child. The session also includes helpful resources and a Q&A to address your questions directly.

Three options available:



Wednesday,
22nd October
7.15-8:30pm



Thursday,
6th November
12-1:15pm



Thursday,
6th November
7.15-8:30pm

Partnered with:

