



Parent and Carer Information sessions

2025

May 27th

Supporting your Trans and Gender Diverse Young Person

Delivered by Ari Heart from Trans Wellbeing via Zoom
4:30pm - 6:30pm

June 24th

Supporting Young People at Risk or in Crisis

Delivered by Annabelle Moody, Clinical Lead
headspace Alice Springs
4:30pm - 6:30pm

July 22nd

Understanding Disordered Eating, and how to support Self-Esteem and Positive Body Image in Young People

Delivered by Grace Dwyer, Eating Disorders Care Coordinator with NT Health
4:30pm - 6:30pm

August 19th

Understanding Autism Part 1

Delivered by Skye Cemina and Jen Cousins from Positive Parenting via Zoom
4pm - 7pm

September 16th

"What Do I Say, What Do I Do?" supporting Young People impacted by a Death by Suicide

Delivered by Jordon Braver, Stand By Support
4pm - 7pm

October 14th

Having Conversations with Young People about Drugs and Alcohol

Delivered by Dr Dan Wilson, Addiction Medical Specialist, Alice Springs Hospital
4:30pm - 6:30pm

November 11th

Supporting Young People Experiencing Severe Anxiety

Delivered by Annabelle Moody, Clinical Lead
headspace Alice Springs
4:30pm - 6:30pm

December 9th

Understanding Autism Part 2

Delivered by Skye Cemina and Jen Cousins from Positive Parenting via Zoom
4pm - 7pm

To Register:

Contact Annabelle Moody, Clinical Lead at
annabelle.moody@caac.org.au
or call **08 8958 4544**

