

# High school is coming!

Looking for help to support the transition?



Are you a parent of a grade six student about to transition to high school? Are you or your child anxious about this transition? Join our free workshop and learn how you can support your child.

Wesley Kids in Schools, headspace Capalaba and Wesley Mission Queensland invite you to a free information session that will provide you with practical tips on how to support your teenager's transition from primary school to high school.

The session will explore:

- The physical and social changes your child is going through.
- What a smooth transition looks like.
- Signs that your child is struggling with the transition.
- Effective ways to open meaningful conversations.
- When and where to access support.
- Tips on how you can help.
- Identifying red flags (e.g., refusing to go to school)
- Creating a support plan and putting it into action.

**Date:** Monday 7 November 2022

**Time:** 5.00pm to 6.00pm

**Location:** Beenleigh State High School  
40 Alamein St, Beenleigh

This is a free catered event.

Please register your attendance using the QR code:

