



# 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

