


Wellbeing at High School: A digital guide for parents, carers and kin.

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<p>✦ NEW: Wellbeing at High School: A digital guide for parents, carers and kin ✦</p> <p>Central Coast Health Promotion Service are excited to launch a brand-new digital guide featuring a new podcast series with local experts, short masterclass online, links to local services and evidence-based resources to help families supporting young people through the years of high school and the broader transition to adolescence.</p> <p>Practical tips. Local support. Reliable information. All in one place.</p> <p><u>Access the guide now via Central Coast Health Promotion Service</u></p>	 <p>Wellbeing at High School A digital guide for parents, carers and kin</p> 