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# Healthy Headspace

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## SKILLS WORKSHOPS

<b>15 October</b>	Sleeping Well
<b>22 October</b>	Physical Wellbeing for Health
<b>29 October</b>	Communicating with Confidence
<b>05 November</b>	Mindfulness and Relaxation
<b>12 November</b>	Understanding and Accepting Myself
<b>19 November</b>	Understanding my Anger
<b>26 November</b>	Managing my Feelings
<b>03 December</b>	Healthy Thinking

**A series of skills-based workshops designed to provide you with tools for maintaining a healthy headspace.**

**What:** FREE workshops, **come to all or come to the workshops which interest you!**

**Who:** Young people aged 12-25. Parents or Carers also welcome.

**When:** Sessions will run at **5:30pm-6:30pm** on Monday nights from October 15 for 8 weeks!

**Where:** headspace Bendigo, 78-80 Pall Mall, Bendigo

**LIMITED SPACES AVAILABLE, RSVP ESSENTIAL BY PHONING  
RECEPTION ON 54345345**