



Healthy Headspace Workshops

Key Dates and topics:

07/05/19 - Sleeping Well and Physical health

14/05/19- Mindfulness and Relaxation

21/05/19- Communicating with Confidence

28/05/19- Understanding and Accepting myself

04/06/19- Understanding my Anger

11/06/19- Managing my Feelings

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 Tuesday nights from the 7th of May for 6 weeks! Coffee, Tea and Snacks provided!

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

LIMITED PLACES AVAILABLE: PLEASE RSVP BY PHONING RECEPTION ON 54345345.