



headspace

Canberra

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headspace.org.au

Healthy headspace

Skills Workshops

Next Workshop:

Managing my Feelings

Thursday the 23rd of November 5:30pm

You will learn about:

- Learn about why we experience different feelings
- Discuss the impact of these have on mental health and how we act
- Discuss ways of managing strong feelings and learn strategies

Who: Young People between 12 and 25 years of age

Parents and carers welcome!

Where: headspace Canberra

Please RSVP: 6201 5343