



**headspace**

**Canberra**

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[headspace.org.au](http://headspace.org.au)

# Healthy headspace

## Skills workshop

A **skills-based** workshop designed to provide you with tools for maintaining your wellbeing

**Who:** Young people between 12 and 25 years of age

**Parents & carers welcome**

**When:** Thursday Evenings from 5:30– 6:30pm

**Where:** headspace Canberra

**Please RSVP on 6201 5343**

### Key Dates & Topics

12th of October

19th of October

26th of October

2nd of November

9th of November

16th of November

23rd of November

30th of November

**Sleeping Well**

**Physical Wellbeing for mental health**

**Communicating with Confidence**

**Mindfulness and Relaxation**

**Understanding & Accepting Myself**

**Understanding my Anger**

**Understanding my Feelings**

**Healthy Thinking**

### Workshops include

- Education on maintaining positive wellbeing
- Facilitated discussion & activities on a range of topics
- Take home booklet and resources

**Drop in program... you don't need to come every week....come to one workshop or a few!**

