



headspace

Queanbeyan

Street 98 Monaro Street (Cnr Crawford Street)
Queanbeyan NSW 2620

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headspace.org.au

Healthy Headspace Skills Workshops

Healthy headspace is a skill-based workshop designed to provide young people and their parents/carers with brief psycho-education and coping skills on a range of topics.

You can attend one, some or all sessions—it's up to you!

The workshops will be facilitated by a youth mental health worker and an intern psychologist each week.

We will cover the following topics:

26th Oct	Sleeping well
2nd Nov	Communicating with Confidence
9th Nov	Mindfulness and relaxation
16th Nov	Understanding anger
23rd Nov	Understanding my feelings
30th Nov	Healthy thinking

Who

Anyone aged 12-25.

When

Thursdays 5.30 to 6.30 pm for 6 weeks, from 26th October to 30th November

Where

headspace Queanbeyan
98 Monaro St

Cost

Free

Contact

Michelle on 02 6298 0300 or email
info@headspacequeanbeyan.org.au

Please note: A young person may attend without a parent, but a parent can only attend if with a young person.