

Education Sessions

headspace Berri offer several education and information sessions.

Sessions are targeted at young people, parents, teachers and the community.

For more information contact **headspace** Berri on 08 8582 4422 or headspace@riverlandgdp.org.au.

Meet headspace

A tailored session focused on what services are available through **headspace** Berri, how to access services and what happens when entering headspace Berri. Resources and information handouts are provided and tailored to the groups needs.

Parent/Teacher Information Session

Information session about **headspace** Berri and what services are available for young people. Parents and teachers are provided with information so as they feel better prepared to support their young people.

headspace Information Booth

This include resources, fact sheets, referral information, merchandise and service information. Information booths can be facilitated at events including school sports day, carnivals or festivals. Information booths also facilitate linkages for schools, parents, teachers, the community and young people into **headspace** Berri services.

Coaching Young People for Success

Is a complete life, career, school performance and peer coaching system that can be delivered within schools and youth agencies as 1:1 or group sessions. The sessions assist young people to design an inspiring life, career and school performance pathway plan from the inside out and then be supported to achieve it.

Dove BodyThink

A body image workshop designed by the Butterfly Foundation for Eating Disorders & the Dove self-esteem fund. The workshop focuses on helping young people build body confidence by understanding and dealing with feelings about physical appearance.

Anxiety

Learn about the many different anxiety disorders, what causes anxiety and how to identify the signs and symptoms of anxiety. Develop an understanding of how to help a friend and services that can support young people.

Depression

Learn about depression, and identify signs and symptoms of depression. Develop an understanding of how to help a friend and learn about services that can support young people.

Stress

An education session to enable participants to identify sources of stress, develop an understanding of what stress is and explore stress management techniques.

Bullying

This workshop aims to deliver the key message that bullying is not ok. Learn about the effects bullying can have on those involved, develop positive and effective ways to cope with bullying and identify services that are available to help.