



2016 Free Information Sessions

The Family & Friends Reference Group presents the following information sessions aimed at parents, carers and service providers working with young people:

Monday 22 February, 6.00pm to 7.00pm
"Supporting Anxious Young People:
What Family & Friends Can Do to Help"
presented by Melissa Harrison, Psychologist

Monday 21 March, 6.00pm to 7.00pm
Alcohol & Other Drugs: Q&A
presented by SW Community Alcohol & Drug Service

Wednesday 25 May, 6.00pm to 7.30pm
Body Confident Children & Teens
presented by Butterfly Education

Thursday 30 June, 6pm to 7pm
Sexual Health: Q&A
presented by Simone Taylor, Nurse

If your child doesn't seem like themselves, seek professional help.

<http://headspace.org.au/family/>

Let us know what other topics you would like **headspace** Bunbury to offer or if you would like to be added to the email contact list by contacting us at family@headspacebunbury.org.au

The Family & Friends Reference Group meets quarterly at 5pm before the Information Sessions and interested people are welcome to apply to join the group.



Where

headspace Bunbury

1/82 Blair Street, Bunbury

Tea & Coffee provided

Contact

RSVP to Nicky on 9729 6800 or family@headspacebunbury.org.au with full name, phone number & email address

