



headspace
Bunbury

2015 Free Information Sessions

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

Mondays 5pm to 6pm

27 July

"School/Exam Stress & Anxiety"

presented by Nina Mastrantonio and Maree Kilner
High School Psychologist and Nurse

www.kidshelp.com.au/grownups/news-research/hot-topics/exam-stress.php

24 August

"Understanding the Impacts of Trauma on Children's Behaviour"

presented by Brooke Peacock and Gemma Gavin
Waratah

www.waratah.asn.au

26 October

"Getting to Grips with Diabetes"

presented by Jenny McDonnell
Credentialled Diabetes Educator (WACHS)

www.ndss.com.au/myd

23 November

"Self Care Strategies"

presented by Sarah Collin
High Aspirations

www.highaspirations.com.au

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



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

