



# Term 3 things 2 do...

## Monday

### RAGE

6 week program working on Renegotiating angry and guilty emotions.

Fun, interactive and engaging.

Ask your worker for more information.

**Sign Up at Reception.**

**Headspace clients only.**

## Tuesday

### MYVAN

Open to Multicultural young people. A fun Place to relax and make friends.

Lots of things to do and enjoy.

Arts and craft, games and much, much more.

**Time: 3.30 till 5pm**  
**Just rock up.**

## Wednesday

### DRIVE.

12 weeks of focussing on giving new ideas for managing distress, and relationships with people, friends and parents.

Lots of activities, games and fun things.

12 weeks- after school.

**Sign up at reception.**  
**Headspace clients only.**

## Thursday

### Youth Reference Group.

Every fortnight a group of young people meet to help headspace be youth friendly and stay on trend.

### Building Blocks Of Life....

6 week program. Working on self esteem, communication, Conflict resolution, positive thinking, financial management and goal setting, relaxation and stress management.

Ask your worker for more information.

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