



**headspace**  
National Youth Mental Health Foundation

# Get the Edge Workshops

**Build confidence, create a plan and inspire a better future**

Get the Edge is a two-day conversation-based workshop that requires little reading or writing, and you can participate at your own pace. There are no assessments or big demands and the course can be customised to your needs!

The main purpose of the course is to build confidence so that you feel ready to take the next steps on your pathway to education and employment.

**For more information about the workshop, see the detailed brochure at reception or contact Shirley Wilson at Queanbeyan TAFE:**

**(02) 6298 4415**  
**[Shirley.wilson10@tafensw.edu.au](mailto:Shirley.wilson10@tafensw.edu.au)**

**Who:** 17-25yo not currently engaged in education or training

## When

4 sessions 1-4pm

Tue 30 Wed 31 Jan; Tue 5 Wed 7 Feb

## Where

headspace Queanbeyan

98 Monaro St

## Cost

**FREE**

## Register

Call headspace on (02) 6298 0300

or email [info@headspacequeanbeyan.org.au](mailto:info@headspacequeanbeyan.org.au)

