

Media release



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Need time for yourself, headspace Berri may be able to assist!

headspace Berri has an exciting new 6 week program for young parents and expecting parents up to the age of 25, entitled "Time for Me".

Life is hectic and parenting is the hardest, yet most rewarding job a parent can do and taking time out for yourself can be difficult to manage. "Time for Me" looks at providing young parents with skills and strategies to enable them to take time out and look after themselves.

Each week parents will be shown different low cost relaxation techniques and self-care strategies to implement at home to de stress, building happier healthier families.

Headspace Manager Christy Kitto says "Regular practice of relaxation techniques has found to assist in relieving muscle tension, reduce anxiety, and improve overall wellbeing".

"Even 10 -15 minutes a day has found to produce, a general feeling of relaxation and increased wellbeing that benefits every area of life. When you feel relaxed and at ease, you feel more in control leading to a calmer, more settled environment".

"Time For Me" will commence fortnightly on Tuesday 4th of February at 10.00am at the headspace Berri office.

For more information or to register for this exciting new program contact headspace Berri on 08 8582 4422.