



headspace

Canberra

Street Level B, Building 18, University of Canberra,
170 Haydon Drive, Bruce ACT 2617

Mail Level B, Building 18, University of Canberra,
Bruce ACT 2601

Tel 02 6201 5343 Fax 02 6201 2345

headspace.org.au

Mindful headspace:

A Mindfulness Skills Based Group

Mindfulness is a great skill that can help build concentration and focus in all areas of life; whether it be at school, work, and relationships with family and friends. It can be done anywhere and anytime, but its not always easy to do, especially when stressed or anxious! This group helps young people learn to be mindful and experience the value of mindfulness!

Who: Young people between 12 and 25 years of age (parents and carers are welcome to join their young person!)

When: Thursday Evening (During the month of February 5-6pm; March 3rd and onwards: 5:30– 6:30pm)

Please note: participants are NOT required to come every week, but are welcome to! Each week in the month will have a different mindfulness theme!



Weekly Sessions Include:

- Psycho-education
- In session exercises
- Collaborative learning (from facilitators and each other)
- Optional take home exercises

Who can join?

- Open to PARENTS and CARERS too! (please note young person must also attend group)
- This program is for anyone wanting to know how to be more engaged in their lives and to help manage strong emotions
- No current suicide ideation or behaviours, PTSD, Psychosis or crisis
- Drop in program (you do not need to come each week– come when you can!)

When: The group will run in School terms, every Thursday evening :

- For the month of February 2016: 5pm-6pm
- March 3rd onwards 2016: 5.30-6.30pm

Where headspace Canberra

170 Haydon Drive

BRUCE ACT 2612

Contact: Ph: 02 6201 5343

Email: info@headspacecanberra.org.au