

October Groups!

GROUP

WHAT IS IT?

WHEN?

WHERE?

**Stress
and
Procrastination**
(Ages 16+)

Our 'Maybe Later' one off workshop assists people in understanding what procrastination is, what our fear and stress responses are provides skills and tips to address them

Tuesday
October 24th
3:30pm

headspace Lake
Haven (Youth
Gravity Centre)
70 Chelmsford
Road, Lake Haven
2263

Sensory Group
(Ages 12-15)

A four-week program to learn about each of the senses and how to use them for self-regulation. PLUS create your own sensory box to keep!

1 Session Weekly
Starting: Thursday
October 26th
3:30pm
Ending: Thursday
November 16th
3:30pm

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Gravity Centre)
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