

you're invited to headspace day 2020

headspace Greensborough is celebrating headspace day and inviting 12-25yr olds and their friends and family for some FREE fun online. Join the team at headspace Greensborough for online games + activities (based on the 7 tips for a healthy headspace), mental health advice + tips, and prizes + giveaways. Those 16+ may also want to join for a discussion around employment and to ask any questions they have about alcohol and other drugs - if you are under 16 and would like to attend this part of the day, parental consent is required

where: Online via Zoom
when: October 14th
time: 3pm - 4:30pm and then 5pm-6pm for the 16+ discussion
cost: FREE, nada, zilch, nuffin, zero
RSVP: Register your interest with your name, date of birth, and suburb you reside in by emailing us at headspacegreensborough@mindaustralia.org.au or give us a call on 9433 7200
bring: RVSP by 9am on October 12th and we will send you a Zoom link You'll need a pen or pencil and paper, a Zoom account and a device to connect with us on. Please send through a song request for our dance party to our email before the day!

what to expect

- Trivia
- a cooking class
- some fun easy recipies
- a relaxing Savasana
- hang out with other young people
- a mindfulness workshop
- an online dance party
- prizes + giveaways
- mental health tips + advice

