



# Mental Health Toolkit

A series of workshops for young people aged 14 - 16 years that aim to increase self understanding and self care practices.

**week 1**

## Gift of the Gab

Learn ways to communicate clearly and respectfully in difficult situations

**week 2**

## Don't Flip your Lid

Build skills and strategies around dealing with anger and aggression.

**week 3**

## Clouds and Butterflies

Build skills to make it easier to deal with feelings like sadness, depression, stress and anxiety.

**week 4**

## Acceptance

Feel more comfortable and accept the skin that you are in.

**week 5**

## Sleeping Well

Learn about healthy sleeping habits to get the best out of your bedtime.

**week 6**

## Be. Here. Now.

Keep grounded and don't get swept away by stress.

**starts october  
25th!**

**When:** every Tuesday  
4pm-5:30pm

**Where:** headspace  
Maitland 73 Elgin  
Street Maitland

**Contact:** Bec or Casie  
on (02)49311000

**bookings essential**

**Snacks and Drinks  
Provided!**