What's on in December '19

Register by calling 6588 7300

headspace
Port Macquarie

All events are FREE & open to the public- age restrictions apply



No. of the second	Mon	Tues	Wed	Thurs	Fri	
	2	4:00pm - 5:30pm Rainbow Youth 13 - 25 years	4:30pm - 5:15pm Yoga Town Beach All ages	5	6	
	9	10	114:30pm - 5:15pm Yoga Town Beach All ages 5:00PM - 6:30PM Workshop	12 4:00pm - 5:30pm ArtSPACE 12-25 years 6:00pm onwards Over 18's night	13	
TO THE PERSON NAMED IN	16	17	18 4:30pm - 5:15pm Yoga Town Beach All ages	19	20 Last day of term	
	23	24	Christmas Day	26 Boxing Day	27	
	School Holidays					
	30	31	New Years Day	2	3	
	Centre closed					
ä	School Holidays					

ArtSPACE:

Free art workshop XMAS Art & Craft

Workshop:

Finding peace in the Chaos – workshop for parents

Over 18s night:

All 18-25 years olds welcome at our social nights. Meet at headspace before heading out!