

MINDFULNESS

& Creative Journaling:

- Understand how your mind works
- Learn how to handle difficult thoughts & feelings
- Turbo charge your focus, awareness and attention
- Work out what is most important for you
- Learn how to respond rather than react
- Make choices & take action to live life in the way you value most
- Learn how to BE in the present moment
- Learn important life skills for steering you through life's ups and downs



Who

Young people aged 12-25

When

Wednesdays 3:30pm-5:00pm for 7 weeks
Start Wed 21st Feb, Finish 11th April 2018

Where

10-12 Short St, Port Macquarie

Numbers are limited—Book Early

Facilitator

Sara Phillips

Contact

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Cost

FREE



headspace
Port Macquarie