

healthy headspace skills workshops

what is healthy headspace?

Healthy headspace are skill-based workshops designed to provide young people and their parents/carers with brief psycho-education and coping skills on a range of topics

Each workshop will be run by one headspace clinician and one Masters psychology student from the University of Canberra.

dates

11 Feb	Sleep and Physical Activity
18 Feb	Accepting Myself
25 Feb	Body Image
4 Mar	Mindfulness & Relaxation
11 Mar	Understanding my Feelings
18 Mar	Helpful Thinking and Mental Health

You can attend one, some or all sessions - it's up to you! You need to register for the session(s) you want to attend.

Please note: A young person may attend without a parent, but a parent can only attend if with a young person.

details

who

Anyone aged 12-25

when

Term 1 2025

Tuesdays 4:30PM-5:30PM

where

headspace Queanbeyan
2/98 Monaro Street

cost

Free

register

Call (02) 5131 1500 or email
hs.queanbeyan@marathonhealth.com.au