

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.

Please register at least 1 week prior to the workshop that you want to attend.

dates

20 May	Understanding my Emotions
27 May	Healthy Thinking
3 June	Managing Anger
10 June	Accepting Myself
17 June	Sleep and Physical Activity

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 2 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