



Friends & Family Information Sessions



Session 1 - Anxiety What is it & how do I help?

headspace Redcliffe are excited to offer the first in a new series of information sessions catering for friends and family of young people accessing our centre, as well as in the local community.

This session will explore anxiety, a highly prevalent mental health issue for young Australians - specifically the signs and symptoms, as well the type of supports that are available.

Light refreshments will be provided and registrations are open, act now as places are limited!

Session will be held 8th November 2018 from 5.15pm to 6.30pm
To register please email us headspace.redcliffe@openminds.org.au



headspace Redcliffe would like to acknowledge the traditional owners of the land on which our Centre is located, the Gubbi Gubbi people and pay our respects to the elders past, present and future.