



**headspace**  
Shepparton

# Available Presentations

<h2>Anxiety</h2>	<p>Age group: 12 to 18 (year 7 to 12)          Time: 45 minutes          Group size: 0 – 25 preferable          Learning Outcomes: By the end of the session, participants will have had the opportunity to: Gain an understanding of anxiety Develop an understanding of how to help a friend and Develop a understanding of services that can support young people.</p>
<h2>Bullying</h2>	<p>Age group: 12 to 18 (year 7 to 12)          Time: 45 minutes          Group size: 10 – 25 preferable/ 6 week program.          Learning Outcomes: By the end of the session, participants will have had the opportunity to: positive and effective ways to cope with bullying, identify the people and services that are available to help them cope.</p>
<h2>Depression</h2>	<p>Age group: 12 to 18 (year 7 to 12)          Time: 45 minutes          Group size: 8 – 30 preferable          Learning Outcomes: By the end of the session, participants will have had the opportunity to: Gain an understanding of depression, Develop an understanding of how to help a friend and Develop a understanding of services that can support young people.</p>
<h2>Stress</h2>	<p>Age group: 12 to 18 (year 7 to 12)          Time: 45 minutes          Group size: 10- 25 people          Learning Outcomes: By the end of the session, participants will have had the opportunity to: To be able to identify sources of stress in self, gain an understanding of what stress is , be able to identify signs of stress in them selves. And also Explore stress management techniques.</p>
<h2>Tips for a healthy headspace</h2>	<p>Age group: 12-18          Time: 45minutes          Group Size: 8-100 people.          Learning Outcome: Understanding of the affects emotions and difficult situation can have on everyday life, the importance of looking after your headspace and self care activities.</p>
<h2>Meet headspace Shepparton</h2>	<p>Age group: 12-18          Time: 45minutes          Group Size: 8-100          Learning Outcome: Increased knowledge and understanding of headspace, understanding the difference between mental wellness and mental health problems. Tips on helping themselves and others, increased knowledge of mental health resources and information.</p>
<h2>Safer Sex</h2>	<p>Age group: 15-25          Time: 45minutes          Group Size: 10-45 people.          Learning Outcome: This session will cover contraception and how to avoid STI, sexual relationships, who you can and cant have sex with and how to prevent date rape.</p>
<h2>headspace information stall.</h2>	<p>We are happy to participate in community events. We can hold a stall for your event, we bring along flyers and information. Plus some fun merchandise. There will always be a headspace member their to answer questions.          Fill in the 'events' application on our website.</p>