



headspace

Canberra

Street Level B, Building 18, University of Canberra,

170 Haydon Drive, Bruce ACT 2617

Mail Level B, Building 18, University of Canberra,

Bruce ACT 2601

Tel 02 6201 5343 Fax 02 6201 2345

headspace.org.au

ed-space @

headspace Canberra information seminars 2015

What: Free information and education seminars about mental health and wellbeing.

Who: For parents and carers of young people between the ages of 12 to 25 years.

All welcome.

Where: At headspace. 170 Haydon Drive, Level B, Building 18, Bruce ACT 2601.

When: On the last Tuesday evening of the month, starts at 5:30pm for 6pm presentation.
Each presentation will run for 1 hour. Tea & coffee provided.

RSVP P: (02) 6201 5343

E: headspace@canberra.edu.au

Date

Topic

Tuesday 30 June

Real-life Stories (panel) - Eating Disorders

Tuesday 28 July

Social media

Tuesday 25 August

Self Harm

Tuesday 29 September

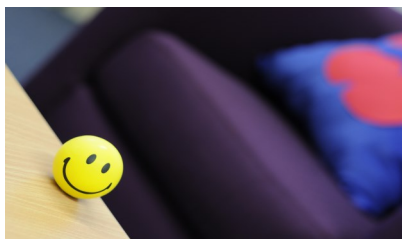
Real-life Stories (panel) - Sexuality

Tuesday 27 October

Talking with Young People

3/11/15 (**Special Event**) Talking with Young People- repeated at local school

Tuesday 24 November Real-life Stories (panel) - Gender (panel)



Details: See our website for more details.

www.headspace.org.au/Canberra



UNIVERSITY OF
CANBERRA

*Presented by intern psychology students from
the University of Canberra.

We hope to see you there!