



**headspace**

**Canberra**

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[headspace.org.au](http://headspace.org.au)

# Healthy headspace

## Skills workshop

A **skills-based** workshop designed to provide you  
with tools for maintaining your wellbeing

**Who:** Young people between 12 and 25 years of age

**Parents & carers welcome**

**When:** Thursday Evenings from 5:30– 6:30pm

**Where:** headspace Canberra

**Please RSVP on 6201 5343**

### Key Dates & Topics

21st of July

28th of July

4th of August

11th of August

18th of August

25th of August

1st of September

8th of September

Sleeping Well

Problem Solving Skills

Physical activity for Wellbeing

Communicating with Confidence

Mindfulness and Relaxation

Understanding and Accepting myself

Understanding my Anger

Managing my Moods and anxiety

### Workshops include

- Education on maintaining positive wellbeing
- Facilitated discussion & activities on a range of topics
- Take home booklet and resources

**Drop in program... you don't need to come  
every week....come to one workshop or a few!**

