



**headspace**  
Canberra

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

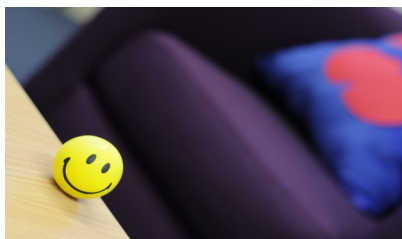
**RSVP** P: (02) 6201 5343

E: [headspace@canberra.edu.au](mailto: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 ( <b>Special Event</b> )	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](http://www.headspace.org.au/Canberra)



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

**We hope to see you there!**