



headspace Discovery College



When

Thursday, 14 April 2016 at 11am to 1pm

Where

headspace Bentleigh reception area, Ground Floor, 973 Nepean Highway Bentleigh

Contact

For further information please contact Sarah Rijs on 9076 9400 or Discovery.College@alfred.org.au



You are invited to join us to celebrate the launch of the headspace Discovery College

The Discovery College is about learning from each other, sharing experiences and ideas to explore who we are, what works for us, what we want and what we can do.

The launch will include:

- Free BBQ lunch
- Taster session from upcoming courses including Assertiveness, Self and Identity and Mindfulness
- Find out more information about courses on offer
- The chance to meet with course facilitators
- Opportunity to enrol into upcoming courses