**headspace** Liverpool Community Presentation form

At **headspace** Liverpool we value your interest in our organisation and the services we provide. In order for us to provide the best possible service, presentation and or workshop please complete the following questions.

1. Where is the venue?
2. Does the venue have access to a laptop and projector?

Yes No

1. Are you after a presentation or workshop?

(Presentations are only a one off and will generally run for 45 minutes to an hour for a maximum of 30 people, if the number is larger please discuss with the community development worker. Workshops can be run over a period of four weeks for small groups of up to 12 people)

Presentation Workshops

1. Please choose one of the presentation topics you would like to focus on for the presentation (no more than two topics can be chosen for a presentation and four topics for a four week workshop)

* Anxiety
* Body image
* Bullying
* Depression
* Grief and loss
* Introduction to headspace services (meet your local centre)
* Mental health
* Stress
* Tips for a healthy headspace

1. How long would you like the discussion or presentation to be? If other please specify.

30 minutes 45 minutes 1hr

1. How many people would be attending the session?
2. What is there age group? If other please specify

Year 6 Year 7 Year 8 Year 9

Year 10 Year 11 Year 12

1. What is the cultural group you would like headspace to present too? Is an interpreter require?
2. When would you like headspace to present? (Please provide a few alternative dates and a minimum of a month’s notice)
3. What would you say the audience’s experience (including lived experience) of mental health related issues would be?

Once this form is completed please send through to Nadine Costantini, Community Engagement Officer:

E: [nadine.costantini@benevolent.org.au](mailto:nadine.costantini@benevolent.org.au)

P: 8785 3200