

High school life feeling tough sometimes?

Learn to be a

mental warrior



The Mental Warrior Mental Warrior is a free stress and anxiety management program for secondary school students. Designed by the Anxiety Recovery Centre and the Local Learning and Employment Network, this engaging and popular program is offered to local junior school students during the school holiday period.

The two sessions will provide students with proven and practical strategies that will enable them to manage all the various external and internal challenges they may be facing.

Your child will learn to:

- Manage stress and anxiety with practical strategies and tips
- Develop your knowledge and practices to build a positive mindset
- Learn to use tools for self-care and goal-setting
- Develop their skills in a safe and facilitated group setting

The Mental Warrior program will be facilitated together by Better Place Australia and the Bayside Glen Eira Kingston Local learning and Employment network. Facilitators have extensive experience teaching and supporting youth wellbeing.

FREE during Sept school holidays

Places are limited. Register now.

Open to year 7 and 8 students

**Monday, Sept 23rd & 30th
1.30pm – 3.30pm**

**Better Place Australia
Level 1, 16 Park Road,
Cheltenham Vic 3192**

To book or for more information, contact:

Renee Callander

0491 153 330

groupprograms@betterplace.com.au

Cazzie Coyle

0409 419 961

projectofficer@bgkllen.org.au

