

What is on at headspace Shepparton:

- **Tuesday 20 February 5:30 - 6:30:**
Juggling Workshop. Make your own balls and learn to juggle.
- **Tuesday 27 February 5:30 - 7:00:** **Family and Friend Workshop:**
‘Communicating with young people’
- **Tuesday 20 March 5:00 - 6:30:**
Easel Art. Paint a large scale printed image.
- **Tuesday 27 March 5:30 - 7:00:** **Family and Friend Workshop:**
‘Helping young people to regulate their emotions’
- **Tuesday 17 April 5:00 - 6:30:**
Casual Hooping. Learn how to size, spin and dance with hoops.

No booking required for activities.

RSVP for Family and Friend Workshops through Eventbrite

Cheers
Pamela Parish
Receptionist - Administration assistant
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