

Martial Arts Group



This group is for young males between 14—17 years old and mixes traditional martial arts training with some helpful life skills in order to encourage calm, kindness and motivation. Be active, build strength and meet people in a supportive environment.

Who

Males, 14—17 years old

When

Tuesdays, 16th May—20th June, from 3.30-4.30pm

Where

headspace Collingwood, Level 1
Victoria Park (Social Club Building)
Cnr Lulie & Abbott Streets
Abbotsford Vic 3067

Contact

Mannon at **headspace** on 94170150



This program is FREE!

Call Mannon at **headspace** at Collingwood on 9417 0150 for more information and to book yourself in!