











building healthy habits

Are you aged 12-25 and want to develop skills for managing life's ups and downs so that you can live your best life?

If you want to learn how to increase your resilience and identify your own unique coping strategies in a safe and supportive environment, this group is for you!

- Week 1: Getting into life
- Week 2: Learning new skills for tough times
- Week 3: Creating connections
- Week 4: Eating well
- Week 5: Staying active
- Week 6: All about sleep
- Week 7: Alcohol and other drugs

Group vibe: Positive, fun, practical, proactive and strengths-based.

When

Wednesdays from 4:30-5:30pm, starting on 21 April 2021 and running for seven weeks.

Where

headspace Wonthaggi Group Room 5b Murray Street

Contact us

Call 5671 5900 Email info@headspacewonthaggi.org.au



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