

Monthly Agenda 2018

February - What is headspace?

March - A typical headspace session

April - Anxiety in young people

May - Self-esteem in young people

June - Self-harming behaviours & suicidal ideation

July - How parents can support young people



Family and Friends

Support Group

Are you a family member or friend of a young person between the ages of 12-25 years who is going through a tough time?

Come along to **headspace Wagga Wagga's** monthly family and friends meet up!

It can be helpful to meet others going through a similar situation to your own. The group is an opportunity for you to meet other families, get accurate information, share strategies and have a voice in regards to the services available at **headspace Wagga Wagga**. The group is free to attend and supper is provided.

Each month a different headspace staff member will attend the group and provide a short information session about a topic relevant to young people. Check out the monthly agenda to find out what's coming up!

Registrations are essential - please email or call Sarah at **headspace Wagga Wagga** to book a place.



When

Last Wednesday of each month
7 for 7:30PM until 8:30 PM

Where

2/185 Morgan St, Wagga Wagga

Contact

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