

Want to **SLAY**
exam stress?

Be a
mental warrior
VCE



Learn to manage stress and anxiety.

Mental Warrior VCE is a stress and anxiety management program for secondary school students.

Learn proven and practical strategies to manage all the various external and internal challenges you face as you prepare for and go through the upcoming exam period.

These essential life skills enable you to move forward more confidently into the future.

Open to all VCE and VCAL students.

Wednesday Sept 25th & Oct 2nd
10am – 12pm

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

FREE during Sept school holidays

Places are limited.
Register now.

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

