



headspace
Sunshine

mental health masterclass!

mondays 5–6 pm via Zoom

Join us in these free weekly workshops as we learn essential skills to improve our emotional health and wellbeing!

June and July 2021 workshops

07 June - Eat Well

Fruits, vegies, wholegrains, probiotics... what are some fun ways to eat well?



21 June - Master your Moods

We'll be talking about feelings and all that good stuff



28 June - Boost your Confidence

How can we build our self-esteem?

5 July - Solving Life's Problems

We'll be walking through and tackling some problems together



12 July - keep cool

Lets discuss some strategies to manage our anger!



19 July - say it straight

Learn tips on how to communicate confidently

26 July - comfy in my skin

Time to embrace our bodies and love thyself!

To find out more, head to bit.ly/2W5xyBK

or call **9927 6222** or email headspaceSunshineCommunity@orygen.org.au to register!