

5 DAYS HOLIDAY PROGRAM + PARENT'S WORKSHOP @ BAYSIDE - APRIL 2021

FREE OF CHARGE TO FAMILIES!!!

Sponsored by **Bayside City Council.**

**GAMES &
EXERCISES**

**MENTAL
HEALTH**

**EMOTIONAL
REGULATION**

**ANXIETY
MANAGEMENT**

**MINDFULNESS
PRACTICE**

**VERY LIMITED SPACES!! SECURE YOUR PLACE NOW BY VISITING:
WWW.TESSAINC.ORG.AU/BAYISDE**

	MONDAY 12 APRIL	TUESDAY 13 APRIL	WEDNESDAY 14 APRIL	THURSDAY 15 APRIL	FRIDAY 16 APRIL
10:00 AM TO 11:00 AM	AGES 10 TO 12	AGES 10 TO 12	AGES 10 TO 12	AGES 10 TO 12	AGES 10 TO 12
11:30 AM TO 12:30 PM	AGES 13 TO 15	AGES 13 TO 15	AGES 13 TO 15	AGES 13 TO 15	AGES 13 TO 15

PARENT'S WORKSHOP - WEDNESDAY 14 APRIL

WORKSHOP 1: 10 AM TO 11 AM

WORKSHOP 2: 11:30 AM TO 12:30 PM

**HIGHETT NEIGHBOURHOOD CENTRE
2 LIVINGSTON STREET, HIGHETT**