



headspace

Queanbeyan

Street 98 Monaro Street (Cnr Crawford Street)
Queanbeyan NSW 2620

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headspace.org.au

Healthy Headspace

Skills Workshop: Sleeping Well

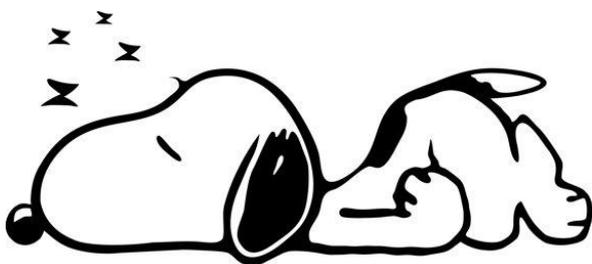
Healthy headspace is a skill-based workshop designed to provide young people and their parents/carers with brief psycho-education and coping skills on a range of topics.

You can attend one, some or all sessions—it's up to you! Registrations are essential.

First Workshop on 26th October: Sleeping Well

We will focus on:

- The benefits of sleep and the impact it has on mental health
- Learn about sleeping challenges or 'thieves'
- Explore individual sleeping behaviours
- Learn new strategies for getting a good night's sleep



Who

Anyone aged 12-25.

When

Thursdays 5.30 to 6.30 pm for 6 weeks, from 26th October 2017 to 30th November

Where

headspace Queanbeyan

Cost

Free

To register, contact:

Michelle on 02 6298 0300 or email
info@headspacequeanbeyan.org.au

Please note: A young person may attend without a parent, but a parent can only attend if with a young person.