



Healthy headspace

Skills workshop

A skills-based workshop designed to provide you with tools to maintain your wellbeing.

Who : Young people between 12 and 25 years old age

Parents & Carers Welcome

When : Thursday the 23rd of August 5:30 – 6:30pm

Where : headspace Hobart

This is a *FREE* workshop!

Please RSVP on 6231 2927

This Weeks Topic:

Communicating with Confidence

Come along to the workshop and learn about:

- ✓ Communicating in a clear, direct and respectful way in difficult situations
- ✓ Different communication styles
- ✓ Assertive communication – what role it has in how we communication

Workshops Include:

- Education on maintaining positive wellbeing
- Facilitated discussion & activities on a range of topics
- Take home booklet and resources

Drop in Program You don't need to come to every week.... Come to one workshop or a few!

