

stress-ed

@ **headspace**Queanbeyan

A 4 week group program aimed at teaching young people the fundamentals of good self-care and stress-management:

- understanding, identifying and managing stress
- why sleep is important and what you can do to improve it
- how to straighten out 'wonky' thinking
- relaxation - helpful strategies to chill out

Come to any or all of the sessions, **Thursday evenings 5.30—6.30pm**

Thursday 2 June: Stress Less

Thursday 9 June: Sleep Like a Log

Thursday 16 June: Straight Thinking

Thursday 23 June: Just Relax

Contact **headspace** Queanbeyan for further information 6298 0300

