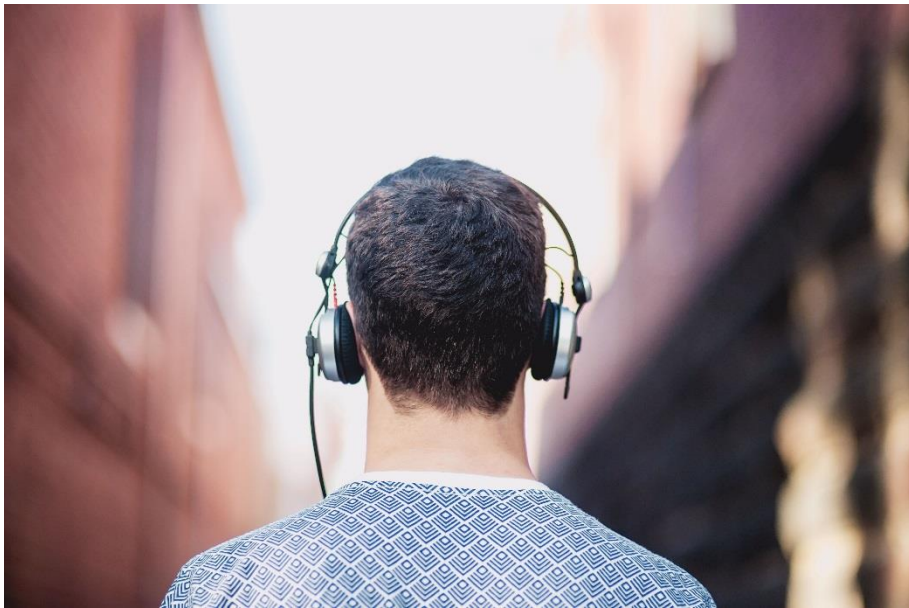


# music & mood



## Playlist making and music listening as strategies to manage your emotions

In this fun and interactive group you will learn how to use music to manage difficult moods, express thoughts and feelings, and to connect with other young people

### Who

Young people aged 12-25

### When

Thursdays from 4.30-6pm

### Duration

6 weeks, from 17<sup>th</sup> October until 21<sup>st</sup> November (Term 4)

### Where

Meeting room 1

### Contact

Contact Jonathan at headspace Sunshine on (03) 9927 6222