



Peaceful Warrior



Peaceful Warrior is a **FREE**, fun and relaxing group that offers the opportunity to practice awareness (mindfulness) skills. These skills can have beneficial outcomes such as, being able to calm your mind, make informed decisions about your life, and increase awareness of your body, thoughts and feelings.

Awareness skills have been well researched and shown to have beneficial outcomes for people struggling with issues related to depression, anxiety, difficult emotions, social and relationship struggles.

Who: Young people aged 12 – 25 years

When: Wednesdays 3:30 – 4.30pm
Commencing 13th July 2016

Where: **headspace** Werribee,
5 Duncans Rd, Werribee

Structure: This is an open group where various mindfulness and awareness skills will be introduced and practiced.

Interested? Contact **Access Team** at **headspace** Werribee on 8001 2366

