



## building healthy habits

**Are you aged 12-25 and want to develop skills for managing life's ups and downs so that you can live your best life?**

If you want to learn how to increase your resilience and identify your own unique coping strategies in a safe and supportive environment, this group is for you!

- **Week 1:** Getting into life
- **Week 2:** Learning new skills for tough times
- **Week 3:** Creating connections
- **Week 4:** Eating well
- **Week 5:** Staying active
- **Week 6:** All about sleep
- **Week 7:** Alcohol and other drugs

Group vibe: Positive, fun, practical, proactive and strengths-based.

### When

Wednesdays from 4:30-5:30pm, starting on 21 April 2021 and running for seven weeks.

### Where

headspace Wonthaggi Group Room  
5b Murray Street

### Contact us

Call 5671 5900

Email [info@headspacewonthaggi.org.au](mailto:info@headspacewonthaggi.org.au)