



headspace
ACT

Room 12B22, University of Canberra, ACT 2601
Tel 02 6201 5343 Fax 02 6201 2345
headspace.org.au

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headspaceACT

headspaceACT information seminars

headspaceACT runs free information and education seminars about mental health and wellbeing.

What: Free information and education seminars about mental health and wellbeing.

Who: For parents and carers of young people between the ages of 12 to 25 years.

All welcome.

Where: At headspace ACT, University of Canberra, Bruce.

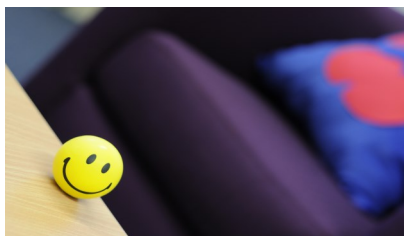
When: . On the last Tuesday evening of the month, starts at 5:30pm for 6pm presentation. Each presentation will run for 1 hour. Tea & coffee provided.

How: RSVP via phone or email P: (02) 6201 5343 E: headspaceACT@canberra.edu.au

Date

Topic

| | |
|----------------------|--|
| Tuesday 25 June | Sleep problems |
| Tuesday 30 July | Talking therapy options (what is CBT?) |
| Tuesday 27 August | Self Harm |
| Tuesday 24 September | Anger |
| Tuesday 29 October | Bullying |
| Tuesday 26 November | Talking with teens |



Details: See our website for more details.

www.headspace.org.au/ACT



*Presented by intern psychology student from the University of Canberra.

We hope to see you there!



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