

RESILIENCE + SELF CARE

MANAGING YOUR MENTAL HEALTH

Kate from the Mindful Project has designed this workshop for teenagers to help you understand burnout and how to manage your mental health. You'll leave with your very own self care toolkit to turn to when things feel a bit too much, as well as knowing where to go if you need help.

4.30-5.30pm

Wednesday 29 October

Casuarina Pool Meeting Room

Ages 12-20

FREE (including snacks)



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