

School Holiday Workshops

North Beach



Peer Fellowship

A two-day workshop for young people to learn about healthy relationships, develop coping skills and boost their self-esteem. Teens will have fun exploring their own strengths through group activities, games and drumming!

When Thursday 30 September & Friday 1 October | 9.30am - 3.30pm

Where Stirling Community Centres, Charles Riley Reserve,
7A Kitchener Street, North Beach

Who For children aged 12-15 years who have a friend or family member experiencing mental health challenges

To bring Please bring a water bottle and enclosed shoes

Cost Free | Registration essential | Lunch and snacks included

Registration essential, please visit helpingminds.org.au/school-holidays

For more information contact us on (08) 9427 7100 or info@helpingminds.org.au