

Mental Health & Wellbeing Workshops

Kids and Teens



Taming Tricky Feelings

A WORKSHOP FOR
CHILDREN AGED 5-7



Taking Control of Anxiety

A WORKSHOP FOR
CHILDREN AGED 8-13

SUNSHINE COAST, THURSDAY 15TH APRIL 2021



Navigating Life's Challenges

A WORKSHOP FOR TEEN
GIRLS AGED 13-18



Navigating Life's Challenges

A WORKSHOP FOR TEEN
BOYS AGED 13-18

JOIN WAITING LIST OR HOST YOUR OWN

BOOK ONLINE
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