



# headspace day art class!

## small steps start big things

Join us this headspace day in a virtual art class!  
Every young person who registers will receive  
a **FREE** self care pack!

**When:** Thursday 14th of October 5pm-6pm

**BYO art supplies:** you will need paper and  
something to draw with - pens, texters, pencils  
etc or if you prefer bring paint!

**Where:** Zoom (link to be provided)

**To register please contact Caity or Finn at  
97357900 or email**

**[caity.cox@headspaceknox.com.au](mailto:caity.cox@headspaceknox.com.au)**

**Spots are limited.**

