

How To Adult!

Want to learn the ins and outs of being an adult?

Come and join us for a 6 week journey where we will explore the things you want and need to know about launching into adulthood!

We will meet up with you before the group to find out what you want from the sessions.

Week 1 & 2

Cha Ching! Exploring all things to do with money.

Week 3

The daily grind— Exploring strengths & how to use those to your advantage when it comes to applying for jobs....

Week 4

Home & Hosed—Tell us what you need to know about getting it right at home!

Week 5

Movin'Out— All the tips and tricks of moving out.

Week 6

Get out of here! - Come & join us for lunch at a local café or park & discuss all the great things you can access within your community!



When

Wednesdays 11am-1pm for 6 weeks starting 11th May

Where

headspace Bentleigh

Contact

Please register to attend with Elysa Watson
90769400

I'm done Adult-ing for
the rest of the day.

