



headspace
National Youth Mental Health Foundation

Taking charge of your own health:

**When: Tuesday 6th December
10am-5:00pm.**

**Where: Headspace Bentleigh 973
Nepean Highway Bentleigh East.**

**Contact: Andrew Foster or Sarah
Rijs on: 9076 9400.**

**Enrolment: Course guide and
enrolment forms available:
[https://headspace.org.au/
headspace-centres/bentleigh/](https://headspace.org.au/headspace-centres/bentleigh/)**



This Discovery College course is developed and delivered by people with valuable life and professional experience in mental health.

During the course we will explore the roles and responsibilities we each have for our own health and well-being and those that we support. We will inspire one another to go on a journey of transformation, developing a sense of empowerment and control in our own lives or for others. Participants will all have an opportunity to develop their own well-being plan.