



Spilling the Tea on #adulting Workshop

Life can be hard to navigate, so we have created a workshop to provide some guidance on the big question we are all asking, “How do we Adult?”

It’s a 4 week workshop to provide you with skills on “How to Adult” with advice provided by GP’s, Dietician, Employment Consultants and more!

- Week 1: Wednesday 21st April 2021** - **Physical Health: ‘Q&A with a GP & Dietician’**
- Week 2: Wednesday 28th April 2021** - **‘How to Manage Your Money’**
- Week 3: Wednesday 5th May 2021** - **Employment: ‘How to sell yourself in 60 secs’**
- Week 4: Wednesday 12th May 2021** - **Alcohol & Drugs: ‘If you choose to use’**

Please register by filling out the Expression of Interest form
by using the QR code below
(using your mobile phone camera)



headspace Castle Hill
From Wednesday 21st April 2021
4pm-5.30pm
253 Old Northern Road Castle Hill NSW 2154

Please feel free to drop in, have a chat and pick up some skills on adulting.

For more information please contact:
headspace Castle Hill— 02 9393 9800,
headspace.castlehill@flourishaustralia.org.au