



headspace & chill

Real talk: does it seem like almost everything is about sex... but no one actually talks about it?

We know how awkward and confusing it can be to get real life, accurate and inclusive info about sexual health and wellbeing.

At headspace & Chill, we will explore a range of topics that schools and parents sometimes avoid.

From relationships and love, culture and media, bodies and boundaries, desire and pleasure, to porn and sexting. We're going beyond the birds and the bees!

We aim to create a comfortable, private and trusting space to empower you with the tips and knowledge you need to enjoy safe and satisfying relationships and sexual health.

Who

16-19 years old

When

4pm – 5.30pm

Tuesdays, 6 weeks starting 27th of October 2020

Where

headspace Joondalup

Suite G8, 126 Grand Boulevard, Joondalup
(entrance on Reid Promenade)

Sign-up for FREE

Call (08) 9301 8900 or

E-mail info@headspacejoondalup.com.au

Group sign-up form on our website, go to:
headspace.org.au/joondalup

Follow us on social media for regular updates about this group and more!

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