Youth Week Workshop Series

Understanding Teenagers
Monday 11 April 2016, 9am-9pm - headspace Rockingham
During this workshop the topics presented will cover understanding teenagers, understanding the teenage brain, communicating with your teenager and how to develop and implement boundaries and guidelines. Participants can expect to reflect on their relationship with their teenager and develop new skills in improving their relationship for a positive future.

LGBTIQ+ 101
Tuesday 12 April 2016, 6pm-8pm - headspace Rockingham
Learn about LGBTIQ+ (Lesbian, Gay, Bisexual, Trans, Intersex, Queer, Questioning or otherwise diverse in sexuality or gender) people from the Freedom Centre and have your questions about sexuality and gender answered. If you have a specific question you would like answered you can send through questions to Dani on d.wright@ussaidia.com beforehand.

suicide to Hope: A Recovery and Growth Workshop
Thursday 14 April 2016, 9.30am - 4.30pm - Gary Holland Community Centre
A one-day workshop designed for clinicians and other professional caregivers in the Rockingham Area who work with persons recently at risk of and currently safe from suicide. It provides tools to help these caregivers and persons with experiences of suicide work together to develop achievable and significant recovery and growth goals.

Youth Mental Health First Aid
Wednesday 20 April – Thursday 21 April 2016, 9.00am-4.30pm - Gary Holland Community Centre
The course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Bookings are essential as places are limited!
To register contact headspace Rockingham by calling us on 08 6595 0088 or email hello@headspacerock.com.au