

School Holiday Workshops

Carnarvon



Gardening Gurus

8-11
years

This program is a great opportunity for kids to get creative, spend time outdoors and meet new friends. Kids can get their hands dirty as they tend to the garden and connect with nature.

When

Tuesday 29 & Wednesday 30 September
9.30am - 12.30pm

Where

HelpingMinds, 5 Stuart Street, Carnarvon

Who

For children aged 8-11 years who have emotional difficulties or are at risk of developing a mental health challenge; or have a family member or friend who is experiencing a mental health challenge.

Wellbeing Wonderland

12-15
years

A two-day workshop designed to help young people boost their confidence and wellbeing. Participants will learn skills to manage stress and engage in mindfulness activities using the calming sounds of nature.

When

Monday 5 & Wednesday 7 October
9.30am - 12.30pm

Where

HelpingMinds, 5 Stuart Street, Carnarvon

Who

For children aged 12-15 years who have emotional difficulties or are at risk of developing a mental health challenge; or have a family member or friend who is experiencing a mental health challenge.

Registration essential, please visit helpingminds.org.au/school-holidays

For more information contact us on (08) 9427 7100 or info@helpingminds.org.au