

School Holiday Workshops

Canning Vale



11-14
years

Mindfulness Matters

A two-day workshop for young people to boost their wellbeing, learn mindfulness skills, enjoy yoga and group games, all while having fun and making new friends. Includes an excursion to the movies and ten-pin bowling!

When	Tuesday 13 & Wednesday 14 April 9.30am - 3pm
Where	Tuesday 13 April: Drop off and pick up from Wilson Community Hall Corner Braibrise and Armstrong Road, Wilson Wednesday 14 April: Drop off at Hoyts Cinema Westfield Carousel Pick up from Wilson Community Hall
Who	For children aged 11-14 years who have a family member or friend who is experiencing a mental health challenge
To bring	Please bring a water bottle, hat, sunscreen and enclosed shoes on all days
Cost	Free Registration essential Lunch and snacks included

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

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