

Be Chill

Learn important life skills to cope with stress:

- Understand how stress works in your brain & body
- Identify what makes you stressed
- Know how to handle difficult thoughts & feelings
- Practice safe ways to 'let off steam'
- Practice how to talk so your parents / family and friends listen & understand
- Feel good about yourself as you take action towards what matters most to you
- Know how to resolve conflicts by finding win:win solutions
- Based on ACT: Acceptance & Commitment Therapy



MAY

12-17 year olds
Thurs 10th, 17th, 24th May 4:00-5:45pm

JUNE

18-25 year olds
Thurs 7th, 14th, 21st June 4:00-5:45pm

Cost
FREE

Facilitators

Sara Phillips & Andrew Morrow

Register

☎ 6588 7300
sara.phillips@each.com.au
Numbers are limited—Book Early

Where

10-12 Short St, Port Macquarie

