



# Tuning into Teens™ at headspace

**Starting:** Thursday 18<sup>th</sup> February –  
Thursday 25<sup>th</sup> March

6 week course – every Thursday

**Where:** headspace Bega

**Time:** 10am – 12:30pm

**RSVP Required – Max 10 people**

Contact: headspace Reception

64948844

A FREE six session parenting  
program for parents and  
carers of young people.



Designed  
for parents  
of young  
people  
aged 10-18



FAR SOUTH COAST  
Family Support Service Inc.



headspace

National Youth Mental Health Foundation

