"I was never like that!"

Understanding and supporting young people

A support and education session for family and friends of young people who may be having a tough time. Find out how to help your young person and yourself through challenges and meet others who may be feeling the same way as you!

Tuesday 2nd July: Anxiety
Monday 22nd July: Depression
Monday 26th August: Anger
Monday 16th September: Bullying

Time: 5.30pm Meet & Greet for 6pm supper
Venue: The Goodies, Brisbane St, Tamworth
RSVP: headspace - 6762 9290

NSW Health
Hunter New England Local Health District

headspace Tamworth