



Connect

Talk and listen. Be there, feel connected.

What's involved?

- Find out what good relationships look like at home and with friends
- Learn new skills and gain awareness of how we communicate
- Learn about supports available
- Learn about positive relationships

Date: Wednesday 27 September

Time: 6.30-8.30pm

Venue: Youth Hub, Community Links Wollondilly, 6 Harper Close, Tahmoor NSW 2573



Take Notice

Be mindful, appreciate the little things and savour the moment.

What's involved?

- Find out about mental wellbeing and the importance of being both mentally and physically well
- Learn how to recognise when you or someone close to you might need some support
- Find out where to get help

Date: Wednesday 25 October

Time: 6.30-8.30pm

Venue: Youth Hub, Community Links Wollondilly, 6 Harper Close, Tahmoor NSW 2573



Information sessions for young people and their parents

JUNE – OCTOBER 2017

The sessions are aimed at increasing awareness about wellbeing in the community and to give young people the skills to help them identify issues and seek support.

All sessions will include input from local services and young people living in the area. Sessions will be facilitated by Industry Professionals and may include panellists for group discussions. Light supper will be provided at each session. Lucky door prizes at each session.



Give

Your time, words and presence.

What's involved?

- Benefits of volunteering - having fun, meeting new friends, it can even help with your future career
- How to get started
- What is available in the community
- Can't find what you are interested in?
How to start something new

Date: Wednesday 28 June

Time: 6.30-8.30pm

Venue: Picton Library, 42 Menangle St,
Picton NSW 2571



Keep Learning

Embrace new experiences.

What's involved?

- Viewing 'Embrace: The Documentary'
- Learn about embracing how unique we all are
- Learn about nutrition and setting realistic goals about how we look
- Learn about body image, eating disorders, depression and anxiety caused by body image issues
- Please note - 'Embrace: The Documentary' is targeted at Young Women

Date: Wednesday 26 July

Time: 6.30-8.30pm

Venue: Picton High School, 480 Argyle St,
Picton NSW 2571



Be Active

Do what you can. Enjoy what you do.

What's involved?

- Meet West Tigers players and take part in a fun, activity session with them
- Hear how the players stay active
- Hear some helpful tips and tricks for being healthy
- Find out what is available in the area to stay active

Date: Wednesday 23 August

Time: 6.30-8.30pm

Venue: Bargo Community Hall, 96 Radnor Road,
Bargo NSW 2574

RSVP

To RSVP please contact Council's

Community Project Officer Sharon Hartnett on **4677 9613**

or email youth@wollondilly.nsw.gov.au