

What's happening at headspace Mount Isa? March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>PRISMA Group headspace 3:30pm to 5:00pm Fortnightly</div> <div></div>	<div>3</div> <div>Study Group headspace 2:30pm to 4:30pm</div> <div>STUDY</div>	<div>4</div> <div>My Mind My Body My Spirit Girls Group 12-18yrs headspace 3-5pm</div> <div>Make your dreams happen</div>	<div>5</div> <div>Friends Group headspace 3:15pm to 4:15pm</div> <div></div>	<div>6</div> <div>Coffee Corner headspace 10:00am to 11:30am</div> <div> chill Out headspace 2:30pm to 4:00pm</div> <div></div>
<div>9</div> <div>Healthy Tips Get ENOUGH SLEEP</div> <div></div>	<div>10</div> <div>Study Group headspace 2:30pm to 4:30pm</div> <div> Cooking headspace 3:30 to 5:00pm fortnightly</div> <div></div>	<div>11</div> <div>My Mind My Body My Spirit Girls Group 12-18yrs headspace 3-5pm</div> <div></div>	<div>12</div> <div>Friends Group headspace 3:15pm to 4:15pm</div> <div>Support</div>	<div>13</div> <div>Coffee Corner headspace 10:00am to 11:30am</div> <div> chill Out headspace 2:30pm to 4:00pm</div> <div></div>
<div>16</div> <div>PRISMA Group headspace 3:30pm to 5:00pm Fortnightly</div> <div></div>	<div>17</div> <div>Study Group headspace 2:30pm to 4:30pm</div> <div></div>	<div>18</div> <div>My Mind My Body My Spirit Girls Group 12-18yrs headspace 3-5pm</div> <div></div>	<div>19</div> <div>Friends Group headspace 3:15pm to 4:15pm</div> <div>FRIENDS</div>	<div>20</div> <div>Coffee Corner headspace 10:00am to 11:30am</div> <div> chill Out headspace 2:30pm to 4:00pm</div> <div></div>
<div>23</div> <div>Healthy Tips Seek HELP</div> <div></div>	<div>24</div> <div>Study Group headspace 2:30pm to 4:30pm</div> <div> Cooking headspace 3:30 to 5:00pm fortnightly</div> <div></div>	<div>25</div> <div>My Mind My Body My Spirit Girls Group 12-18yrs headspace 3-5pm</div> <div></div>	<div>26</div> <div>Friends Group Headspace 3:15pm to 4:15pm</div> <div></div>	<div>27</div> <div>Coffee Corner headspace 10:00am to 11:30am fortnightly</div> <div> chill Out headspace 2:30pm to 4:00pm</div> <div></div>
<div>30</div> <div>PRISMA Group headspace 3:30pm to 5:00pm Fortnightly</div> <div></div>	<div>31</div> <div>Study Group headspace 2:30pm to 4:30pm</div> <div></div>	<div>Healthy Tips eat well</div> <div></div>	<div>Healthy Tips STAY connected</div> <div></div>	<div>Healthy Tips NO SHAME come and have a YARN</div> <div></div>

For more information please contact Mount Isa headspace office on 07 44371300 or email reception@headspacemtisa.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health