

EDUCATION SESSION BOOKING REQUEST

Whilst headspace Berri aims to support as many services as possible, this request will be considered with regard to headspace Berri's capacity. Completion of this booking request does not guarantee availability. Once this form is completed please forward via fax to 8582 3190 or email headspace@focusonehealth.com.au.

A headspace Berri staff member will be in contact with you within 2 working days.

Your Details:

Name: _____

Organisation: _____

Phone Number: _____

Email: _____

Session Details:

Date session required: _____

Time session required: _____

Location of session: _____

How many staff/responsible adults will be present for duration of session: _____

Ages of group: _____

How many people will be present: _____

Any special requirements of this group: _____

Additional information: _____

Request:

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Meet headspace | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Parent/teacher information session | <input type="checkbox"/> Stress |
| <input type="checkbox"/> headspace information booth | <input type="checkbox"/> Bullying |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Grief & loss |
| <input type="checkbox"/> Body image & eating disorder | <input type="checkbox"/> Other _____ |

EDUCATION SESSIONS

headspace Berri offer several education and information sessions.

Sessions are targeted at young people, parents, teachers and the community.

For more information contact headspace Berri on 08 8582 4422 or headspace@focusonehealth.com.au.

Meet headspace

A tailored session focused on services available through headspace Berri, how to access services and what happens when entering headspace Berri. Resources and information handouts are provided and tailored to the groups needs.

Parent/Teacher Information Session

Information session about headspace Berri and what services are available for young people. Parents and teachers are provided with information so that they feel better prepared to support their young people.

headspace Information Booth

This includes resources, fact sheets, referral information, merchandise and service information. Information booths can be facilitated at events including carnivals, festivals or school sports days. Information booths also facilitate linkages for schools, parents, teachers, the community and young people into headspace Berri

Body image & eating disorders

Focuses on helping young people build body confidence by understanding and dealing with feelings about physical appearance.

Anxiety

Learn about the many different anxiety disorders, what causes anxiety and how to identify the signs and symptoms of anxiety. Develop an understanding of how to help a friend and services that can support young people.

Depression

Learn about depression, and identify signs and symptoms of depression. Develop an understanding of how to help a friend and learn about services that can support young people.

Stress

An education session to enable participants to identify sources of stress, develop an understanding of what stress is and explore stress management techniques.

Bullying

This workshop aims to deliver the key message that bullying is not ok. Learn about the effects bullying can have on those involved, develop positive and effective ways to cope with bullying and identify services that are available to help.

Grief & loss

This workshop will give participants an opportunity to gain an understanding of normal grief responses and the process of grieving. To identify the positive coping strategies and services that are available to help them deal with a loss.