

headspace day group program

This headspace day, we want to remind young people and their families that it can be helpful to slow down and take time to do something for their mental health and wellbeing. To pause, reflect and reconnect with the things they enjoy! headspace Onkaparinga will be running free activities during October for young people, their friends and family. Scan the QR code to register or call 8186 8600.



megazone x headspace

Reconnect with friends, family and fun times and join us for an action-packed afternoon playing laser tag!

When: Friday 7th October at 3:30pm

Where: Megazone Noarlunga. 12 Witton Dr, Noarlunga Downs

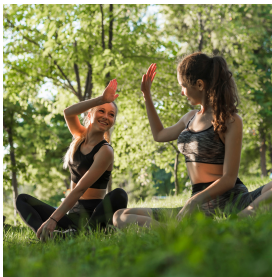


sun, salt and sand mandalas

Pause and be in the moment. Create a sand mandala and connect with nature. Learn about mindfulness with local artist, Sue Norman.

When: Monday 10th October at 9:30am

Where: Meet at Christies Beach Foreshore (across from Rotary Park)



yoga for you

Reflect and tune into your body with Bumblee Yoga. Learn self-compassion skills and how to be a good friend to yourself!

When: Tuesday 11th October at 10:30am

Where: Wardli Youth Centre, 13 Mckinna Road, Christie Downs



construct n create

Get creative, have fun and learn how to D.I.Y with Bunnings Reynella. Build a BBQ caddy and get ready for summer and good times!

When: Wednesday 12th October at 10.30am

Where: Bunnings Reynella. 44 Panalatinga Rd, Reynella

