



MINDFUL MEN

✉ activities@ameliareadpsychology.com.au

Prepare for another school term with Ethan. this 2-hour session will include interactive education-centred around topics such as: friendship, mindful conversations, and supporting your mates. Community is a vital to our health, and it's never too early to practice being a good friend.

FORMAT:
Face-to-face

TIME:
10:00am - 12:00pm

WHEN:
Monday, 24th of June

WHO:
Males aged 7-12 years

ADDRESS:
Shop 7/37a Tallebudgera Creek Road,
Burleigh Heads



MISS MINDFUL



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Prepare for another school term with Ruby. Connecting the body and mind through some fun emotional regulation exercises; this 2-hour session will include interactive education-centred around topics such as: inner-circle maps, being a safe space, and the importance of supporting your friends.

FORMAT:

Face-to-face

TIME:

12:00pm - 2:00pm

WHEN:

Monday, 1st of July

WHO:

Females aged 7-12 years

ADDRESS:

Shop 7/37a Tallebudgera Creek Road,
Burleigh Heads