

Winter School Holiday Workshops



Week 1

The First Annual headspace Mini Olympics

What: Kick off the school holidays by testing your skills in a variety of fun physical challenges. Come along ready to try your best, because the person who earns the most points on the day will get their name engraved on the headspace cup

When: 3:30PM—5PM

Monday June 26th

DIY Design and Printing Workshop

What: Have you ever wanted to see your design turned into a product you can keep? Why not come along and learn the art of printing by making your own hat and cup. **Spots in this workshop are limited, so register your interest today.**

When: 10AM - 12 NOON

Tuesday June 27th

Improv and Theatre Sports Workshop

What: Join us for an afternoon of theatre games designed to build confidence and the ability to think on your feet, but most importantly to make you laugh. No previous drama experience needed, just come along and have a go.

When: 3:30PM - 5PM

Thursday June 29th

Week 2

Group Art Project

What: Join other young creatives to try your hand at Origami and Mandala Decorating and help us combine everyone's creations to design a piece of art that can help brighten up the headspace centre

When: 10AM-12 NOON

Tuesday July 4th

Moulding Mindfulness

What: Wednesday is all about women's wellbeing this week at headspace Capalaba. Bring your girlfriends along for a morning of free yoga and hands on mindfulness activities.

When: 10AM—12 NOON

Wednesday July 5th

Movie Afternoon

What: We will be wrapping up the holidays with a chilled out afternoon watching a couple of movies. Bring along a friend and a bean bag or blanket and come a join us.

When: 1 PM –5PM

Friday July 7th

Visit headspace.org.au/Capalaba to register your interest or give us a call on 1300 851 274 if you have any questions.