

headspace Campbelltown and Oran Park,  
Traxside Youth Health Services SWSLHD,  
Camden Council and Camden Libraries are  
delivering a wellbeing project for local  
young people going through their HSC.

Support will be provided by headspace  
Campbelltown and Oran Park, and  
Traxside Youth Health Services  
SWSLHD to ensure young people's  
wellbeing is supported.

# H S C

## WELLBEING PROJECT

DATE AND TIME	THEME	ACTIVITY DETAILS
Tuesday 31 August, 5-6pm	Routine and Stress Management	This session will introduce the program and provide a number of stress management techniques to participants
Tuesday 7 September, 5-6pm	Connect	This will be an online trivia session
Tuesday 14 September, 5-6pm	Helping Others	Traxside Youth Health Services SWSLHD will teach how to make stress balls in this workshop.
Tuesday 21 September, 5-6pm	Keep Learning	This session will look at using music to improve mental wellbeing
Tuesday 28 September, 5-6pm	Be Aware	This will be a mindfulness session with headspace
Tuesday 5 October, 5-6pm	Be Active	This will be an online Bootcamp with The Y NSW



camden libraries



For more information go to [headspace.campbelltown@onedoor.org.au](mailto:headspace.campbelltown@onedoor.org.au)