

NO MO JUNK IN DA TRUNK

The overall focus of the 7 weeks is for young people to have fun doing resistance training, being together and learning about good mental health.

Each week we will:

1. Enjoy a power afternoon tea together
2. An hour with the professional personal trainer doing activities such as boxing, weights and resistance exercises, all at your own pace.
3. A 10 minute info session with a guest speaker about good mental health such as:
 - Peer pressure & wellbeing
 - Sexual relationships & wellbeing
 - Use of substances such as drugs & alcohol on wellbeing
 - Resilience and self-care
 - Anxiety
 - Depression
 - Social media & wellbeing

When: Tuesdays (11th August to 22nd September)

Time: 3:30pm – 5:15pm

Location: Hope Connect Inc, 16 Shortland Street, Telopea

(Covid Safe Practices will be adhered to)

To register call

9638 7955

**This group is for 12-17
years olds**