



headspace  
Toowoomba

# Community CONNECTIONS

Community Connections is a practical group that helps young people learn independence and living skills through involvement in tasks in community and group settings.

The group covers a variety of topics such as:

- Developing hobbies & interests;
  - Engaging in healthy meal planning & cooking;
    - Linking in with community groups;
      - Looking at options for employment and/or further education; &
      - Budgeting.

Community Connections is being offered at headspace Toowoomba for young people aged 13-18 years.

If you are interested in participating in Community Connections, please speak to a headspace Toowoomba worker.



## When

Various Times though the Year

## Where

headspace Toowoomba  
1 Snell Street, Toowoomba  
07 4639 9000

**Places are limited.**