



headspace
Toowoomba

ZONES

Zones teaches young people to identify their feelings / level of alertness, understand how their behaviour impacts those around them, and learn what tools they can use to manage their feelings and states by addressing underlying deficits in emotional and sensory regulation, executive functioning, and social cognition.

The program aims to help young people develop strategies to manage a range of different emotions using sensory and cognitive techniques and work towards making a little kit that they take home. It is a mix of theory e.g. what the Zones are, what the senses are, and then hands on trialling of different strategies.

The group covers a variety of topics such as:

- Alternatives to self-harm;
- Grounding techniques;
 - Strategies to shift emotions;
 - Breathing Techniques; &
 - Different senses.

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

If you are interested in participating in Zones, 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.