



headspace
Toowoomba



ROCK & WATER

Rock & Water is a physical-based social skills program which is aimed at developing body awareness, emotional awareness and self-awareness. The building blocks of the *Rock and Water* program are self-control, self-reflection and self-confidence. Building on to this foundation, the program looks at themes of safety, assertiveness, communication and finding their own way (the inner compass) that connects them to others (solidarity) and gives them direction (spirituality).

The group covers a variety of topics such as:

- Mental strength;
 - Empathic feeling;
 - Positive thinking;
 - Bullying;
 - Intuition; &
 - Life goals.

Rock & Water is being offered at headspace Toowoomba for young people aged 13-18 years.

If you are interested in participating in Rock & Water, 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.