

A HEADSPACE WORKSHOP LIMITED SERIES

NAVIGATING DATING & RELATIONSHIPS WITH
SELF-CONFIDENCE

HEALTHY RELATIONSHIPS



PART 1: RELATIONSHIP WITH
YOURSELF
THURS MAY 12 3.30 - 4.30 PM

PART 2: NAVIGATING DATING
THURS MAY 19 3.30 - 4.30 PM

PART 3: COMMUNICATION &
SETTING HEALTHY
BOUNDARIES
THURS MAY 26 3.30 - 4.30 PM

HEADSPACE CAMPERDOWN,
LEVEL 2, 97 CHURCH ST



REGISTRATION:
HEADSPACE.CAMPERDOWN@SYDNEY.EDU.AU