

SCHOOL HOLIDAY ART WORKSHOP • FUN & SAFE SPACE

# DIY CREATIVE NOTEBOOK & RELAXATION TOOLKIT

Join us on **headspace day** and pause, reflect and reconnect by **making art!**

In this workshop, design and collage your very own **creative notebook**, or build a **relaxation toolkit** filled with items that provide comfort & calm.

All materials and snacks will be provided.

Interested? Scan the **QR code** below and fill out the form. We hope to see you there!



When:

Thursday  
3rd October 2024  
2pm – 3:30pm

FREE to join!  
Young people  
12–18 years

Where:

headspace Lilydale  
216 Main St, Lilydale

