

How to Adult

Please tick the sessions you would like to attend

Week 1 Tuesday 26 th April	How to Not Starve Learn how to plan, budget, shop for and cook delicious meals	
Week 2 Tuesday 3 rd May	How to Stay Somewhat Healthy Dr Alex from headspace will chat about health and nutrition, what to expect from your doctor and where to get help	
Week 3 Tuesday 10 th May	How to get from A to B A mechanic is coming along to talk all things car maintenance, like how to change a tyre and what is a car service	
Week 4 Tuesday 17 th May	How to do the Boring Adult Stuff pt.1 A collection of people will be popping in to talk about all the generic adult things such as rent, insurance, tax, Service NSW and politics	
Week 5 Tuesday 24 th May	How to Not Spend all of your Money Chantelle from Mission Australia is coming to talk all about money, including budgeting, loans and gambling	
Week 6 Tuesday 31 st May	How to Stay Somewhat Sane headspace will be here to chat about mental health, sleep hygiene and how to get help if you need it	
Week 7 Tuesday 7 th June	How to do the Boring Adult Stuff pt. 2 Carrying on from part 1 we will continue to talk about generic adult things, as well as answer any general questions you may have	
Week 8 Tuesday 14 th June	How to Party Safely Today we will talk about how to minimise the risk when it comes to partying, as well as your legal rights and responsibilities	
Week 9 Tuesday 21 st June	How to get a Job An expert will be coming along to talk about how to not only get a job, but how to keep it	
Week 10 Tuesday 28 th June	How to People Today is all about how to interact and deal with the people around us, including relationships, making friends and self confidence	

Please return completed permission note to the Goulburn Community Centre at 155 Auburn St., or email to caitlin.muddiman@goulburn.nsw.gov.au.
Caitlin can be contacted by email or on 0466 240 735

Participant Contact Information

Name _____ Phone _____

Age _____ Email Address _____

Emergency Contact

Name _____ Phone _____

Relationship _____

Do you have any dietary requirements or medical conditions you would like us to be aware of?

Media

Do you give permission for photographs and videos of the participant to be taken for advertisement, promotion and social media purposes? Please circle

YES _____ NO _____

Signature _____

Date _____

If under 18;

I, _____ give permission for my child/ward
_____ to participate in the How to Adult Program.

Parent/guardian signature _____

Date _____

Note: Council collects personal information only for a lawful purpose that is directly related to Council's functions and activities. For further information please contact Council's Privacy Officer or refer to Council's Privacy Management Policy at www.goulburn.nsw.gov

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