

## TERM 2

## BEING A GROWN UP IS HARD WE'RE HERE TO HELP

Experts will come in each week to talk about different aspects of adulting, for example;

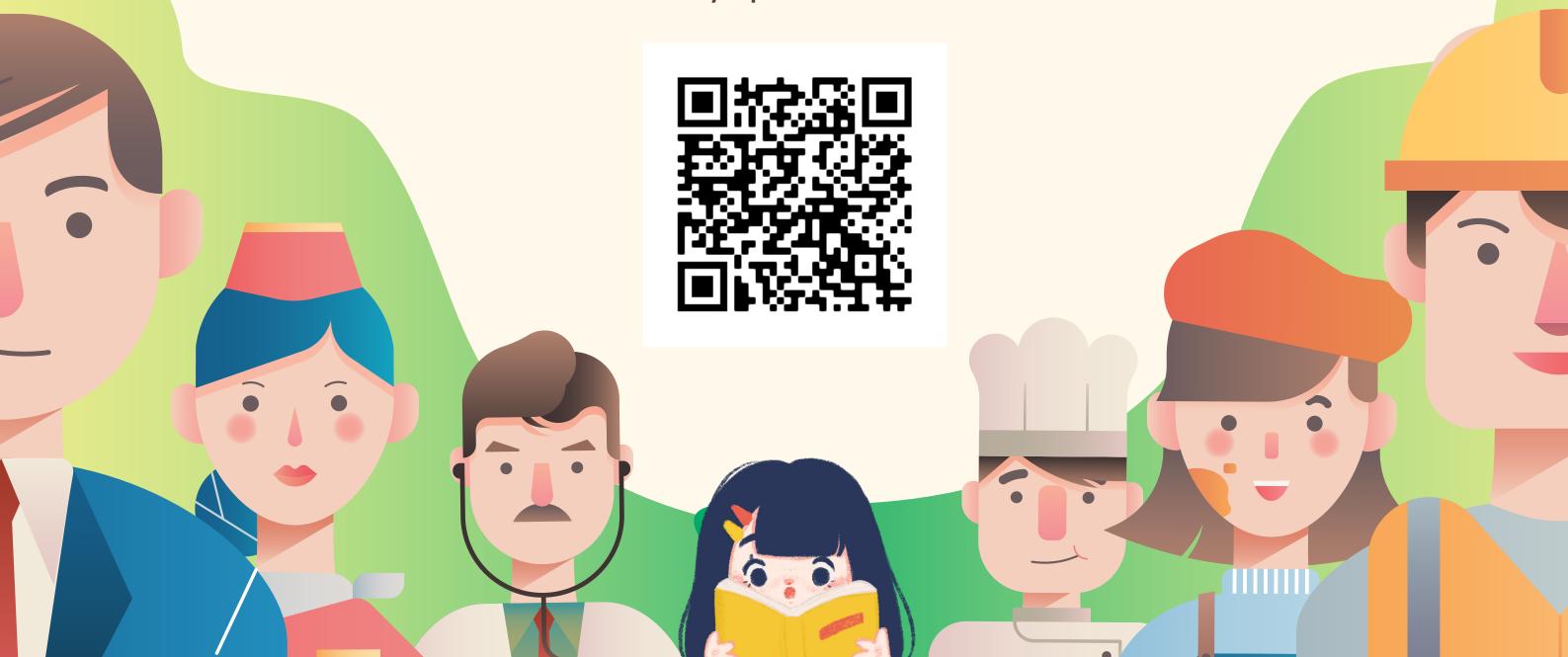
How to get from a to b , how to not spend all of your money ,how to people and much more!

You don't need to come to all, just what you need!

TUESDAYS | 3.30-5.30

## GOULBURN COMMUNITY CENTRE

Scan the QR code below for the permission note and more information! Please contact Caitlin at caitlin.muddiman@goulburn.nsw.gov.au with any questions



Week 1
Tuesday 26th April

**How to Not Starve:** Learn how to plan, budget, shop for and cook delicious meals

Week 2

**Tuesday 3rd May** 

Week 3

**Tuesday 10th May** 

Week 4

**Tuesday 17th May** 

Week 5

**Tuesday 24th May** 

Week 6

**Tuesday 31st May** 

Week 7

**Tuesday 7th June** 

Week 8

**Tuesday 14th June** 

Week 9

**Tuesday 21st June** 

Week 10

Tuesday 28th June

How to Stay Somewhat Healthy: Dr Alex from

headspace will chat about health, nutrition, what to

expect from your doctor and where to get help

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

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

How to Not Spend all of your Money: Chantelle

from Mission Australia is coming to talk all about

money, including budgeting, loans and gambling

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

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

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

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

How to People: Today is all about how to interact

and deal with the people around us, including

relationships, making friends and self confidence

