

HOW TO ADULT

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 **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
- Week 3**
Tuesday 10th 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 17th 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 24th 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 31st 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 7th 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 14th 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 21st 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 28th 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

