

# Preparing for Exams

## How to study effectively and look after your wellbeing at exam time

- Small group
- Interactive workshops
- Practical skills
- Peer facilitators

Tuesday 27 September and  
Wednesday 28th September  
(attendance at both is recommended)

2pm-4pm

at headspace Craigieburn  
open to young people aged 15-25

**Register here to  
reserve a space!  
(required)**



or call (03) 8338 0919

