



Healthy Connections

CLINICAL PSYCHOLOGY

• Individuals • Couples • Families • Groups •

Study WITHOUT Stress

Study Without Stress will run in Term 2 for high school students in Years 10-12. Places are limited and reservations are required. A Medicare rebate may be available. For further information or to reserve your spot, contact us at 4739-9786 or info@hccp.com.au



What is Study Without Stress?

Developed at Macquarie University, Study Without Stress is an evidence-based study and stress management program for high school students in Years 10-12. Study Without Stress equips students with knowledge and practical tips on how to approach and overcome the stress associated with heavy workloads and exams in the final years of high school. This structured program is offered over 10 weeks during Term 2 2021. Study Without Stress is facilitated by an experienced Clinical Psychologist with a special interest in adolescent mental health and wellbeing.

Dates: 10 Saturdays:

24 April
1 May
8 May
15 May
22 May
29 May
5 June
12 June
19 June
26 June

Time: 9:30 – 11:30 am

Cost: \$725 (Medicare rebate available, up to \$326).

Location: Shop A, 134B Great Western Highway Blaxland, NSW 2774

