thenorthterncentre
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My terrific teen

Issue 3

Is your teen experiencing eating, dieting or body image related concerns, and is motivated to move towards wellness?

This **FREE** six-week online program encourages and supports your teen to re-engage with their healthy self. The **Emerging Program** will equip your teen with skills and strategies to build a healthy relationship with food and body image, guided by experienced clinicians. Click **here**.

- **Date:** Wed, 17 June – 22 July
- **Time:** 4:00pm - 5:30pm online
- **Register:** contact on 8021 3668 or email headspacechatswood@newhorizons.org.au

Think you need a COVID-19 test?

NSW Health is asking anyone with a cough, fever, sore throat or shortness of breath to be tested for COVID-19. Testing is FREE and NO referral from a GP is required. If attending a testing clinic, people who have symptoms should wear a surgical facemask, if possible, and practice social distancing when travelling to the testing centre.

NSW Health said that is okay to get tested more than once, if you have symptoms at different points in time.

Here is a list of COVID-19 testing clinics in the Northern Sydney Region created by NSW Health.

FAMILIES IN AUSTRALIA SURVEY
LIFE DURING COVID-19

Let's share our *COVID-19* experience:

Understanding how you and your family are dealing with the added social and economic pressures of COVID-19 is crucial for future planning for our country.

Whether the impact on you has been big or small, your voice is essential to help the government and service providers know what support people really need. Click **here** to share your thoughts and experiences in this national survey.

STUDY WITHOUT THE STRESS

Is your teen (**Years 11&12 School & TAFE student**) struggling with stress during their final years?

This **FREE** online and evidence-based program uses Cognitive Behaviour Therapy (CBT) techniques to challenge negative or unhelpful thinking patterns, and assist your teen to get the most out of their final years at school.

When:
Groups will run outside of school hours.

Availability depends on interest. To find out more, please email rebeccaf@ransw.org.au or click **here**.