

# HSC RESCUE SCHEDULE

ALL EVENTS FROM 3PM-4PM at HURSTVILLE LIBRARY



FREE PIZZA EVERY SESSION



STRETCH OUT  
YOUR STRESS  
AT  
YOGA

OCT  
2



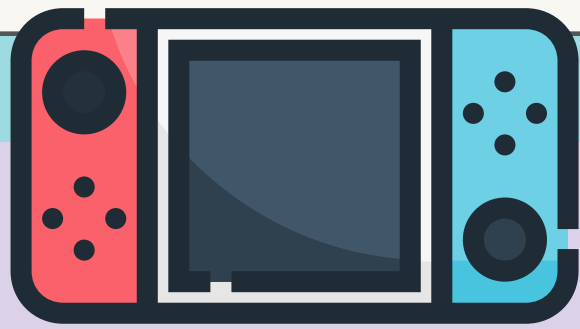
ART THERAPY WITH  
3BRIDGES

OCT  
9



PLAY GAMES,  
SOLVE PUZZLES  
AND CHILL OUT  
WITH HEADSPACE

OCT  
16



MINDFULNESS  
VISION BOARD  
MAKING

OCT  
23



SENSORY  
WORKSHOP WITH  
2CONNECT

OCT  
30



FIND OUT MORE  @HSCRESCUE