

empower hour



Empower Hour is a free group for young people with a focus on practical tips for looking after your wellbeing - that is, your mental, emotional, social and physical health.

You can attend whichever topics you're interested in. Come along and we'll share a variety of tools for building a healthy headspace - the rest is up to you!

Thursdays, 4.30 - 6pm

- 5th August: Communicate with confidence
- 19th August: Understanding my anger
- 2nd September: Exercise for wellbeing
- 16th September: Sleeping well
- 14th October: Understanding and managing my moods and anxiety
- 28th October: Worrying and problem-solving
- 11th November: Mindfulness & relaxation
- 18th November: Body image
- 2nd December: Nutrition for wellbeing

Sign-Up here: <https://bit.ly/361FyXY>



Where

headspace Joondalup
Suite G8, 126 Grand Boulevard, Joondalup
(entrance on Reid Promenade)

Contact us

Harrish Nair, Groups Coordinator
Call 08 9301 8900
E-mail info@headspacejoondalup.com.au

Follow us on social media for updates!

 /headspaceJoondalup
 @headspace_Joondalup



headspace Joondalup is on Whadjuk Noongar land.
We acknowledge the Traditional Owners of this country,
and we pay our respects to their Elders past, present and emerging.

headspace National Youth Mental Health Foundation is funded by
the Australian Government Department of Health.