

## paws for thought

Are you 12-25 and have been having a ruff time?

Then join our Paws for Thought animal therapy group.

Being around animals has a positive impact on mental health, and our therapy dogs love a pat, a cuddle and a chat.

## when

Every Tuesday 4pm-5:30pm

## where

headspace Knox - 2 Capital City Blvd, Wantirna South

## contact

call 9801 6088 if you have any questions