



headspace groups and events: **July 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Games Group 4.30-6pm	3	4 HeART & Soul 1-3pm
6	7 Move your way 4-5pm	8	9	10	11
13	14 Move your way 4-5pm	15	16 Games Group 4.30-6pm	17	18 HQ Space 1-3pm
20	21 Move your way 4-5pm	22	23	24	25
27	28 SPARK 4-6pm Move your way 4-5pm	29	30 Games Group 4.30-6pm	31	

Unless otherwise stated, these activities are at headspace Joondalup and are for young people 12-25 years old.

Social fun for any 12-17s: board games, video games, puzzles!

Get creative as we explore ideas and values through different art styles

Social drop in space for any LGBTQIA+ and questioning young people

Supportive, group for headspace clients to exercise confidently.

Engage in D&D sessions to foster creativity, teamwork, and social skills.

An arts-based group exploring resilience, mindfulness, self-esteem, and personal growth.



headspace groups and events: **August 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 HeART & Soul 1-3pm
3	4 Move your way 4-5pm	5	6 DnD 4.30-6:30pm	7	8
10	11 SPARK 4-6pm Move your way 4-5pm	12	13 Games Group 4.30-6pm	14	15 HQ Space 1-3pm
17	18 Move your way 4-5pm	19	20 DnD 4.30-6:30pm	21	22
24	25 SPARK 4-6pm Move your way 4-5pm	26	27 Games Group 4.30-6pm	28	29 HeART & Soul 1-3pm

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headspace groups and events: **September 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Move your way 4-5pm	2	3 DnD 4.30-6:30pm	4	5
7	8 SPARK 4-6pm Move your way 4-5pm	9	10 Games Group 4.30-6pm	11	12 HQ Space 1-3pm
14	15 Move your way 4-5pm	16	17 DnD 4.30-6:30pm	18	19
21	22 SPARK 4-6pm Move your way 4-5pm	23	24 Games Group 4.30-6pm	25	26 HeART & Soul 1-3pm
28	29 Move your way 4-5pm	30			

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headspace groups and events: **October 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 DnD 4.30-6:30pm	2	3
5	6 Move your way 4-5pm SPARK 4-6pm Move your way 4-5pm	7	8 Games Group 4.30-6pm	9	10 HQ Space 1-3pm
12	13 Move your way 4-5pm	14	15 DnD 4.30-6:30pm	16	17
19	20 SPARK 4-6pm Move your way 4-5pm	21	22 Games Group 4.30-6pm	23	24 HeART & Soul 1-3pm
26	27 Move your way 4-5pm	28	29 DnD 4.30-6:30pm	30	31

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headspace groups and events: **November 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 SPARK 4-6pm Move your way 4-5pm	4	5 Games Group 4.30-6pm	6	7 HQ Space 1-3pm
9	10 Move your way 4-5pm	11	12 DnD 4.30-6:30pm	13	14
16	17 SPARK 4-6pm Move your way 4-5pm	18	19 Games Group 4.30-6pm	20	21 HeART & Soul 1-3pm
23	24 Move your way 4-5pm	25	26 DnD 4.30-6:30pm	27	28

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headspace groups and events: **December 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SPARK 4-6pm Move your way 4-5pm	2	3 Games Group 4.30-6pm	4	5 HQ Space 1-3pm
7	8 Move your way 4-5pm	9	10 DnD 4.30-6:30pm	11	12
14	15 SPARK 4-6pm Move your way 4-5pm	16	17	18	19 HeART & Soul 1-3pm
21	22 Move your way 4-5pm	23	24	25	26
28	29	30	31	Centre closed	

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