headspace Joondalup

For further details about groups, head to our headspace Joondalup website.

headspace school holiday activities: January 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Centre closed	1 Centre closed	2 Centre closed
4 Centre closed	5 Centre closed	6	7	8	9 HQ Space 1-3pm
11	12 Move your way 4-5pm	13	14 Games Group 4.30-6pm	15	16
18	19 Mindful Movement 5-6pm Move your way 4-5pm	20	21	22	23
25	26 Centre closed	27	28 Games Group 4.30-6pm	29	30 HeART & Soul 1-3pm

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

Guided breathing and mindfulness to reduce stress and cultivate calm

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

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

Social drop in space for LGBTQIA+ and questioning people

Supportive, small group for people to exercise safely and confidently.

For further details about groups, head to our headspace Joondalup website.

headspace school holiday activities: February 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Move your way 4-5pm	3	4	5	6
8	9 Move your way 4-5pm	10	11 Games Group 4.30-6pm	12	13 HQ Space 1-3pm
15	16 Move your way 4-5pm	17	18	19	20
22	23 Mindful Movement 5-6pm Move your way 4-5pm	24	25 Games Group 4.30-6pm	26	27 HeART & Soul 1-3pm

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headspace school holiday activities: March 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Move your way 4-5pm	3	4	5	6
8	9 Move your way 4-5pm	10	11 Games Group 4.30-6pm	12	13 HQ Space 1-3pm
15	16 Move your way 4-5pm	17	18	19	20
22	23 Mindful Movement 5-6pm Move your way 4-5pm	24	25 Games Group 4.30-6pm	26	27 Centre closed
29 Centre closed	30 Move your way 4-5pm	31			

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Guided breathing and mindfulness to reduce stress and cultivate calm

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

Social drop in space for LGBTQIA+ and questioning people

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headspace Joondalup

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headspace groups and events: April 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Move your way 4-5pm		1	2	3
5	6 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	16	17
19	20 Mindful Movement 5-6pm Move your way 4-5pm	21	22 Games Group 4.30-6pm	23	24 Centre closed
26 Centre closed	27 Move your way 4-5pm	28	29	30	

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

Guided breathing and mindfulness to reduce stress and cultivate calm

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

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

Supportive, group for headspace clients to exercise confidently.