



Along for the ride

Family peer support group

We know how important it is for young people to have support from their family and friends on their mental health journey. That's why we're now delivering monthly information sessions for family and friends of young people who are new to or considering coming to headspace Joondalup.

Each session will focus on a specific topic—such as mental health, sex and relationships, alcohol and drugs, work and study, and more—providing valuable insights on how parents and carers can support or have meaningful conversations with their young people about these topics.

Gain insight into the journey ahead, learn how we can work together, and explore the support options available to you. We would love you to come 'along for the ride' with us!



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.

Where

headspace Joondalup
22 Reid Promenade Joondalup

When

Every 1st Tuesday of the month

Time

4.30pm-6pm

For more information

Call (08) 9301 8900 or

E-mail: info@headspacejoondalup.com.au



Scan here to open
our Group Sign-Up
form!