

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

- 17th Nov: Anger
- 24th Nov: Mindfulness
- 1st Dec: Body Image
- 15th Dec: Problem Solving

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



Where

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

Contact us

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Call 08 9301 8900
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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.

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