

# 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

- 9<sup>th</sup> Feb: Communication
- 23<sup>rd</sup> Feb: Mindfulness
- 9<sup>th</sup> March: Understanding Moods
- 23<sup>rd</sup> March: Problem Solving
- 6<sup>th</sup> April: Body Image

**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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