



# empower hour

## Self care is much easier said than done.

With so much going on, taking care of our own wellbeing often gets pushed to the bottom of our priority list.

Empower Hour is a **free** group for young people aged 12-25 with a focus on practical tips for looking after your wellbeing - that is, your mental, emotional, social and physical health. You can attend one or some or all if you wish.

Come along and we'll share a variety of tools for building a healthy headspace.

Topics covered can include:

- Anxiety
- Depression
- Body image
- Bullying
- Anger management
- Zen zone
- Work and study pathways
- And much more!

Scan here to open our Group Sign-Up form and see what groups are currently running!



### Where

headspace Joondalup  
Suite G8, 126 Grand Blvd  
Joondalup WA 6027  
(entrance on Reid Prom)

### When

Every Thursday during the school term  
4:30pm-6:00pm

### Contact us

Call (08) 9301 8900 or  
E-mail [info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

Follow us on social media for updates!



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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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