

# Family & Friends Support Group

Come join us at the monthly support group if you are supporting a young person aged 12-25 with their mental health and wellbeing.

This is an opportunity to explore resources, share knowledge and support one another.

Various topics discussed such as self care, anxiety and depression, building resilience, boundary setting, alcohol and other drugs - you're welcome to request topics too!

This project is made possible in collaboration with:



## When

First Tuesday every month, 5.30pm-7pm

## Where

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

## Contact for more information:

08 9301 8900 or

[info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

Group Sign Up Form on our website, go to [headspace.org.au/Joondalup](https://headspace.org.au/Joondalup)

Follow us on Facebook for regular updates on this event and more!

[facebook.com/headspacejoondalup/](https://facebook.com/headspacejoondalup/)



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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