

# spark!

**Strength Purpose Adventure Resilience Knowledge**

**Life sure has its highs and lows.  
How can you navigate these challenges  
and still stay true to you?**

SPARK! is an 11-week interactive group program where we use arts and crafts to explore topics like personal values and strengths, building resilience and self-esteem, self-talk, mindfulness and setting goals.

This is a closed group, meaning it will be the same group of people for the full 11 weeks.

**Scan here to sign up  
to this group!**



## **Who**

14-22 years old

## **When**

11 week program starting 2<sup>nd</sup> week of school term. 28<sup>th</sup> of July to 15<sup>th</sup> of December 2026

**Thursday fortnightly 4-6pm**

## **Where**

headspace Joondalup  
22 Reid Promenade  
Joondalup WA 6027

## **Contact us**

Call (08) 9301 8900 or

E-mail

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

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