



# Spark!

**Strength Purpose Adventure Resilience Knowledge**

**SPARK!** is an interactive group program where we use arts and crafts to explore topics like:

-  Personal Values and strengths
-  Mindfulness
-  Building resilience
-  Self Esteem and self talk
-  Setting goals
-  and more!

## **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



**Sign up to this group here**



<https://forms.cloud.microsoft/r/598EWknbNC>

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