

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 8-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 8 weeks.

Scan here to open our Group Sign-Up form



Who
12-17 years old

When
8-week program. Thursdays 4.30-6pm
13th February to 3rd April 2025

Where
headspace Joondalup
22 Reid Promenade
Joondalup WA 6027

Contact us
Call (08) 9301 8900 or
E-mail info@headspacejoondalup.com.au

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