

# Spark!

Strength Purpose Adventure Resilience Knowledge

ACK SWAN

## 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

### 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. headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.