

headspace term 1 groups: February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 HQ Space 1-3pm
3	4 Along for the ride: Family Support group 4.30-6pm Yoga (18-25 yr olds) 5-6pm	5	6 Yoga (12-17) 5-6pm	7	8 D&D 1-3pm
10 Consortium Meeting	11 Yoga (18-25) 5-6pm	12	13 Yoga (12-17) 5-6pm SPARK art group 4.30-6pm	14	15 HeART & Soul 1- 3pm
17	18 Yoga (18-25) 5-6pm	19	20 YRG Meeting Yoga (12-17) 5-6pm SPARK art group 4.30-6pm	21	22 D&D 1-3pm
24	25 Yoga (18-25) 5-6pm	26	27 Yoga (12-17) 5-6pm SPARK art group 4.30-6pm	28	1

For further details about groups, head to our headspace Joondalup website.

Groups for
young people

Groups for family
and friends

Committees



headspace term 1 groups: **March 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	1 HQ Space 1-3pm
3	4 Along for the ride: Family Support group 4.30-6pm	5	6 SPARK 4.30-6pm	7	8
10	11	12	13 SPARK 4.30-6pm	14	15 HeART & Soul 1-3pm D&D 1-3pm
17	18	19	20 SPARK 4.30-6pm Construction Futures 4-5.30pm	21	22
24	25	26	27 SPARK 4.30-6pm YRG Meeting	28	29 D&D 1-3pm

For further details about groups, head to our headspace Joondalup website.

Groups for young people	Groups for family and friends	Committees	Events
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headspace term 1 groups: **April** 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	¹ Along for the ride: Family Support group 4.30-6pm	2	3 SPARK 4.30-6pm	4	5 HQ Space 1-3pm
7	8	9	10	11	12 D&D 1-3pm Secondhand Market 11am-3pm
14	15	16	17 YRG Meeting	18	19 HeART & Soul 1- 3pm
21	22	23	24	25	26 D&D 1-3pm
28	29	30			

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Groups for young people	Groups for family and friends	Committees	Events
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