



worrier to warrior

Come and learn about how thoughts influence our mood and feelings. Learn strategies to break negative thoughts and feelings. Be a strong version of you!

Sign-up here!

<https://bit.ly/361FyXY>



Who

12 – 25 years

When

Thursday 3rd August 2023

4.30 – 6pm

Where

headspace Joondalup

22 Reid Promenade, Joondalup

Contact us

Call (08) 9301 8900 or

E-mail info@headspacejoondalup.com.au



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.

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the Australian Government Department of Health