

Mind Matters: Navigating Emotions & Challenges

About this workshop

We will talk about ways to handle stress, including some general techniques for staying calm and accepting challenges. We'll also look at basic problem-solving skills to help people learn how to accept problems and find solutions instead of feeling overwhelmed.

Sign up here

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



Info

Who for: 18-25 year olds

When: Tuesday 26th November, 4.30
– 6pm

Where: headspace Joondalup 22 Reid
Promenade, Joondalup

Contact us: Call (08) 9301 8900 or E-
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FREE WORKSHOP