



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



headspace term 1 groups: **October 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 HQ Space 1-3pm
6	7 Move your way 4-5pm	8	9 headspace Day Event 2-5pm	10	11
13	14 Move your way 4-5pm	15	16	17	18 HeART & Soul 1-3pm
20	21 Mindful Meditation 5-6pm Move your way 4-5pm	22	23 Games Group 4.30-6pm	24	25
27	28 Move your way 4-5pm	29	30	31	

Guided breathing and mindfulness to reduce stress and cultivate calm

Social fun for 12–17s: board games, video games, puzzles!

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Social drop in space for LGBTQIA+ and questioning people

Supportive, small group for people to exercise safely and confidently.

Unless otherwise stated, groups are at headspace Joondalup and are for young people 12-25 years old.



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headspace term 1 groups: November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 HQ Space 1-3pm
3	4 Move your way 4-5pm	5	6 Games Group 4.30-6pm	7	8
10	11 Move your way 4-5pm	12	13	14	15 HeART & Soul 1-3pm
17	18Mindful Meditation 5-6pm Move your way 4-5pm	19	20 Pride and Shine Event 3.30-5pm	21	22
24	25 Move your way 4-5pm	26	27	28	29

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headspace term 1 groups: December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Move your way 4-5pm	3	4 Games Group 4.30-6pm	5	6 HQ Space 1-3pm
8	9 Move your way 4-5pm	10	11	12	13
15	16 Mindful Meditation 5-6pm Move your way 4-5pm	17	18 Games Group 4.30-6pm	19	20 HeART & Soul 1-3pm
22	23 Move your way 4-5pm	24	25 Centre closed	26 Centre closed	27 Centre closed
29 Centre closed	30 Centre closed	31 Centre closed			

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