

# heART & soul

**Sometimes it's hard to find the words for how you're feeling.**

Creating art can help us slow down, explore our thoughts and feelings, and express ourselves.

Each week, as a group, you'll get to try a range of artforms including visual art, sculpting, poetry and drama in a safe space where we can be open about mental health.

Materials will be provided, but you are welcome to bring in materials of your own (e.g. for electronic art). All levels of abilities are welcome.



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



## Who

12 – 25 years

## When

1:00-3:00pm

- 17th Jan
- 14th Feb
- 14th March
- 11th April
- 9th May
- 6th June
- 4th July
- 1st August
- 29<sup>th</sup> August
- 26th September
- 24th October
- 21st November
- 19th December

## Where

headspace Joondalup  
22 Reid Promenade, Joondalup

## Contact us

Call (08) 9301 8900 or

E-mail:

[info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

## Sign-up here

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