

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.

Who

12 – 25 years

When

1:00-3:00pm

- 30th Jan
- 27th February
- 22nd May
- 26th June
- 17th July
- 28th August
- 23rd October
- 20th November
- 18th December

Where

headspace Joondalup
22 Reid Promenade, Joondalup

Contact us

Call (08) 9301 8900 or
E-mail:
hsjgroups@headspacejoondalup.com.au

Sign-up here

https://forms.cloud.microsoft/r/598EWknbNC

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