



headspace
National Youth Mental Health Foundation

SPARK!

Strength Purpose Adventure Resilience Knowledge

SPARK! is a group designed to help young people **learn about themselves**, **explore values**, manage **life's ups and downs**, and **develop a meaningful direction**, in a **fun and interactive way**.

SPARK! uses a range of experiential activities, including **art** and **games**, to provide skills and learning.

No artistic skills are required!

SPARK! is based on Acceptance and Commitment Therapy (ACT), which is a **unique** and **creative** model for therapy and coaching, and involves the exploration of mindfulness and values.

The aim of **SPARK!** is to create a rich and meaningful life, while accepting the struggles that inevitably go with it.

When

Thursdays 3:00pm—4:30pm
From 11th May to 29th June 2017

Where

headspace Knox
2 Capital City Boulevard
Wantirna South

Contact

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