

family & friends group

Do you want to learn how to support a young person during their mental health journey?

Do you want to help us shape a family inclusive service?

Join us at the Family and Friends Group!



what is it?

The Family & Friends group is an opportunity for you to learn from headspace and headspace to learn from you! Our clinical lead will give a presentation on the services here at headspace Osborne Park, how headspace works, and how we work to include families wherever possible. After that, we would love to hear your experiences, opinions, questions, suggestions, and feedback on headspace and youth mental health. Food will be provided.

when is it?

Saturday 10th May, 2pm to 3:30pm

who is this for?

The sessions are aimed at adults (18+) supporting a young person (12-25) with mental health struggles.

Have to bring a child along? No problem! Let us know when you sign up and we'll see what we can do :)

where do I sign-up?

Scan the QR code and fill out the form, or call/email headspace Osborne Park

