



managing your mood

- ☀️ Connect with peers who understand what you're going through.
- 😊 Share stories, strategies, and smiles.
- 🎨 Explore creative ways to lift your spirits.
- 🧰 Build your mental health toolkit.
- 🚀 Rise above depression and shine even brighter!

We're here to lift you up and help you find your inner strength. Let's tackle this journey together and rise above!

Sign-up here!

<https://bit.ly/3qOGz3q>



Who

12 – 16 years old

When

Wednesday, 15th of November 2023

4.30pm – 6:00pm

Where

headspace Osborne Park

290 Scarborough Beach Road, Osborne Park

Contact us

Call (08) 9208 9555 or

E-mail info@headspaceospk.com.au



headspace Osborne Park 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