



worrier to warrior

This group will equip you with practical strategies to manage anxiety, with a focus on challenging the unhelpful thinking styles and behaviours that keep anxiety going. This will be a space to learn new skills, connect with others, and gain better insight into your mental health. Suitable for anyone who struggles with anxiety.

Sign-up here!

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



Who

17 – 25 years old

When

Tuesday, 17th of October 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.

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the Australian Government Department of Health