



worrier to warrior

Come and learn about how thoughts influence our mood and feelings. Learn strategies to break negative thoughts and feelings. Be a strong version of you!

Sign-up here!

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



Who

12 – 25 years

When

Tuesday 25th July 2023

4.30 – 6pm

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