



solving conflicts: building bridges

Worrying can be so tiring and annoying. Come down and find out the difference between worrying and problem-solving. Learn how to manage worry thoughts and practice problem-solving skills.

Sign-up here!

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



Who

12 – 25 years

When

Wednesday 9th August 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