

empower hour



Empower Hour is a free group for young people with a focus on practical tips for looking after your wellbeing - that is, your mental, emotional, social, and physical health.

You can attend whichever topics you're interested in. Come along and we'll share a variety of tools for building a healthy headspace - the rest is up to you!

From 4.30 - 6pm

- Tuesday 25th July: Worrier to Warrior
- Wednesday 9th Aug: Solving Conflicts
- Thursday 24th Aug: Be Beautifully You
- Thursday 7th Sept: Boundaries that Build

Sign-Up here: bit.ly/3qOGz3Q



Where

headspace Osborne Park
290 Scarborough Beach Road, Osborne Park

Contact us

Call 08 9208 9555

E-mail info@headspaceospk.com.au

Follow us on social media for updates!

 /headspaceospk

 @headspaceOsbornePark



headspace Joondalup 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.

