



Rhythm, Rhymes and Recovery

Love music? Going through a difficult time?

Rhythm, Rhymes, and Recovery is a friendly and supportive space for people aged 12-25 to connect with others who have an interest in music.

Come along to listen to, write, and play music and improve your mental health.

No music skills needed!



When

4.30- 6.30pm on Wednesdays from
March 28- June 13

Where

headspace Port Adelaide, 78-80 St
Vincent Street, Port Adelaide

Register

Call Tom on (08) 8215 6340,
headspaceportadelaide@centacare.org.au.