



art & soul

Sometimes it's hard to find the words for how you're feeling.

Creating art can help us slow down, explore our thoughts and feelings, and express ourselves.

Each week, as a group, you'll get to try a range of artforms including visual art, sculpting, poetry and drama in a safe space where we can be open about mental health.

All materials will be provided, and all levels of abilities are welcome.

Who

12 – 17 year olds

When

Wednesdays 4.30 - 6pm

8 weeks: 4th August to 22nd September

Where

headspace Joondalup
22 Reid Promenade, Joondalup

Contact us

Call (08) 9301 8900 or

E-mail info@headspacejoondalup.com.au

Sign-up here

<https://bit.ly/361FyXY>



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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