

# 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!

## Thursdays, 4.30 - 6pm

- 28<sup>th</sup> Jul: Communicate with Confidence
- 11<sup>th</sup> Aug: Mindfulness & Relaxation
- 25<sup>th</sup> Aug: Understanding Mood & Anxiety
- 8<sup>th</sup> Sept: Worrying & Problem Solving
- 15<sup>th</sup> Sept: Body Image

**Sign-Up here:** <https://bit.ly/361FyXY>



## Where

headspace Joondalup  
Suite G8, 126 Grand Boulevard, Joondalup  
(entrance on Reid Promenade)

## Contact us

Harrish Nair, Groups Coordinator  
Call 08 9301 8900  
E-mail [info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

## Follow us on social media for updates!

 /headspaceJoondalup

 @headspace\_Joondalup



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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