

# spark!

*Strength · Purpose · Adventure · Resilience · Knowledge*

**Life sure has its highs and lows.  
How can you navigate these challenges  
and still stay true to you?**

SPARK! is an 8-week interactive group program where we use arts and crafts to explore topics like personal values and strengths, building resilience and self-esteem, self-talk, mindfulness and setting goals.

This is a closed group, meaning it will be the same group of people for the full 8 weeks.



Scan here to open our online  
Group Sign-Up form

## **Who**

12 – 17 years old

## **When**

8-week program, Thursdays 4.30–6pm  
22<sup>nd</sup> April to 17<sup>th</sup> June 2021

## **Where**

headspace Joondalup  
Suite 8/126 Grand Boulevard Joondalup.  
Entrance located on Reid Promenade.

## **Contact us**

Harrish Nair, Groups Coordinator  
Call (08) 9301 8900 or  
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.

headspace National Youth Mental Health Foundation is funded by  
the Australian Government Department of Health