

# 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

- 20<sup>th</sup> July: Brave Against Bullying
- 27<sup>th</sup> July: Be Beautifully You
- 3<sup>rd</sup> Aug: Worrier to Warrior
- 10<sup>th</sup> Aug: Rising Above
- 17<sup>th</sup> Aug: From Fury to Flow
- 24<sup>th</sup> Aug: Solving Conflicts
- 31<sup>st</sup> Aug: Zen Zone
- 7<sup>th</sup> Sept: Boundaries that Build
- 14<sup>th</sup> Sept: Future Me
- 21<sup>st</sup> Sept: Mental Health Marvels

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



## Where

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

## Contact us

Jes Vanugopal  
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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