

# 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, 5 - 6.30pm

- 11th March: Communicate with confidence
- 25th March: Understanding my anger
- 22nd April: Exercise for wellbeing
- 6th May: Sleeping well
- 20th May: Understanding and managing my moods and anxiety
- 3rd June: Problem-solving skills
- 17th June: Mindfulness and relaxation
- 1st July: Understanding and accepting myself (body image)
- 22nd July: Nutrition for wellbeing

## Sign-Up here:



## 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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