



Mindfulness & relaxation

Our modern lives can be so stressful. Come down and learn ways to chillax using your breath and sensory awareness.

Sign-up here!

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



Who

12 – 25 years

When

Thursday 11th Aug 2022
4.30 – 6pm

Where

headspace Joondalup
22 Reid Promenade, Joondalup

Contact us

Call (08) 9301 8900 or

E-mail info@headspacejoondalup.com.au



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