

# 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 explore topics like personal values and strengths, building resilience and self-esteem, self-talk, mindfulness and setting goals.

We'll learn about and apply these ideas using a variety of interactive activities, including arts and crafts. Plus, you'll be provided with extra materials so you can practice in your own time outside of workshops.

Are you ready to light the spark in your life?

**Who**  
12 – 17 years old

**When**  
8-week program, Mondays 4.30–6pm  
27<sup>th</sup> July to 14<sup>th</sup> September 2020

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

**Contact to register**  
Call (08) 9301 8900 or  
E-mail [info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)  
Group sign-up form on our website, go to:  
[headspace.org.au/joondalup](https://headspace.org.au/joondalup)

**Follow us on social media for regular updates about this group and more!**

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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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