



understanding my mood and anxiety

Anxiety and depression can be confusing to understand. Come down and learn about how thoughts influence our mood and feelings. Learn strategies to manage negative thoughts and feelings and break the cycle of low mood.

Sign-up here!
<https://bit.ly/361FyXY>



Who
12 – 25 years

When
Thursday 25th 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.

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