



worrying and problem-solving

Worrying can be so tiring and annoying. Come down and find out the difference between worrying and problem-solving. Learn how to manage worry thoughts and practice problem-solving skills.

Sign-up here!

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



Who

12 – 25 years

When

Thursday 8th September 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