



headspace
National Youth Mental Health Foundation



Elephant in the Room

A free group program for the families & friends of young people with a mental health concern

Do you provide support to a young person aged 12-25 who's experiencing mental health concerns?

Would you like to learn more about youth mental health and strategies for supporting your young person?

Would you like to connect with others in the same boat and share ways of looking after yourself?

When

5.30pm-7.30 pm (light dinner provided) on 4 consecutive Tuesdays:

- March 21st
- March 28th
- April 4th
- April 11th

Where

headspace Port Adelaide
78-80 St Vincent Street, Port Adelaide SA 5015

To register or for more info

Contact Simone on (08) 8243 7900 or headspacewoodville@centacare.org.au.
Bookings essential.