



headspace
National Youth Mental Health Foundation



along for the ride

FYI Night for Family and Friends

We know how important it is for young people to have support from their family and friends on their mental health journey.

That's why we're now delivering bi-monthly information sessions for family and friends of young people who are new or considering coming to headspace.

Gain insight into the journey ahead, how we can work together, and learn about support options available to you. We would love you to come 'along for the ride' with us!

In collaboration with:



When

Tuesday, 18th August 2020
5:30-7pm

Where


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

Contact to RSVP

Call (08) 9301 8900 or
E-mail: info@headspacejoondalup.com.au

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

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 @headspace_joondalup

