

# family & friends support group

**If you are supporting someone aged 12-25 with their mental health and wellbeing, this support group is for you!**

This is an opportunity to connect with others, explore resources, gain new skills, and support one another.

Various topics are up for discussion, such as self-care, anxiety and depression, building resilience, boundary setting, communication and alcohol and other drugs.



**Scan the QR code to open our online  
Group Sign-Up form**



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.

This project is made possible in collaboration with:



## **When**

First Tuesday each month, 5 - 6.30pm

## **Where**

headspace Joondalup  
Suite G8, 126 Grand Boulevard, Joondalup  
(entrance on Reid Promenade)

## **Contact us**

Harrish Nair, Groups Coordinator  
Call 08 9301 8900  
E-mail [info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

## **Follow us on social media for updates!**

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