



# 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

4pm-6pm on 4 consecutive Wednesdays:

- May 2nd
- May 9th
- May 16th
- May 23rd

## Where

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

## To register or for more info

Contact us on (08) 8215 6340 or  
[headspaceportadelaide@centacare.org.au](mailto:headspaceportadelaide@centacare.org.au).  
Bookings essential.