

RU OK?

headspace open day

'minds matter'

Come and talk about how you can help your friends!

An event for young people & community members to hang out, eat some grub, see the centre, meet the staff, learn about mental health, access resources and participate in #selfcareseptember activities.

We will celebrate, educate and commemorate our minds and individual experiences :)

RU OK?TM

A conversation could change a life.



When

12th September 2019
11:30pm – 6:00pm

Where

headspace Rockhampton
155 Alma Street, Rockhampton
4700

Contact

RSVP to:
admin@headspacerockhampton.com.au

or call 07) 4994 2512

to register your interest and help us cater.