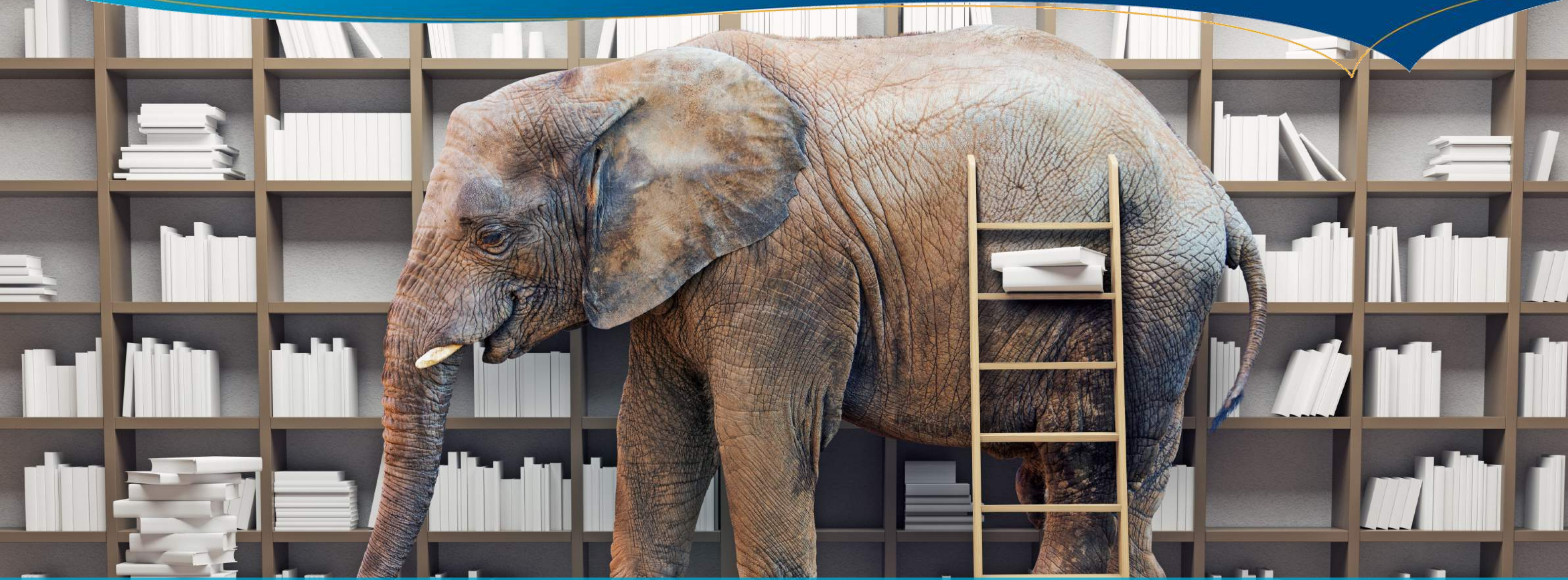


Elephant in the Room



A free group program for families and friends of a young person with a mental health concern.

Do you provide support to a young person aged 0-25 who is 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 a similar situation and share ways of looking after yourself?

WHEN: 6pm – 8pm, Wednesdays

- 27th October
- 3rd November
- 10th November
- 17th November

WHERE: headspace Port Adelaide
78/80 St Vincent St, Port Adelaide

To register or for more information, please contact the PACE team on
(08) 8303 6660 or
pace@centacare.org.au

Bookings essential.

