



paws for thought

Are you 12-25 and have been having a ruff time? Then join our Paws for Thought animal therapy group. Being around animals has a positive impact on mental health, and our therapy dogs love a pat, a cuddle and a chat.

SPOTS ARE LIMITED TO 10 AND YOUNG PEOPLE MUST REGISTER PRIOR TO ATTENDING

when

Every Thursday 3:30pm-5pm starting the 6th May to the 24th June

where

Knox Library - located in Knox City Shopping Centre

contact

The group is limited to 10 young people and young people must register prior to attending. To register email caity.cox@headspaceknox.com.au or call 9801 6088