

What's on at headspace Onkaparinga?

Term 4 2021 • No cost to join • To register, call 8186 8600 or speak to your worker

Tuesday

come & try

weekly 3:30 - 5 pm

Sonder Onkaparinga

Looking to try new things but not sure if they're for you?

Come & Try sessions are a great way to try fun activities and meet other young people, with no commitments required.

Different activities are held every week and all materials are supplied!

You're very welcome to bring along a friend or support person.

For young people aged 12 to 25 accessing services at headspace and Sonder Onkaparinga

Tuesday

southern rainbow youth

twice a month 4 - 6 pm

headspace Onkaparinga

Keen to make new friends?

Southern Rainbow Youth is a social support group for LGBTIQA+ young people aged 16 to 25.

Held on the second and last Tuesday of each month.

A space to be yourself, listen to good tunes, participate in different activities and enjoy a bite to eat.

For all young people aged 16 to 25 in the Southern Adelaide region

Friday

art group

weekly 1:30 - 2:30 pm

headspace Onkaparinga

Interested in exploring your creative side?

Arts and crafts can be calming when there's a lot of stuff going on. They provide an outlet to express ourselves when we feel like we might not have much control over anything else.

Join us for Art Group to meet new people and participate in fun art and craft activities!

All materials are supplied.

For young people aged 12 to 25 accessing services at headspace and Sonder Onkaparinga