



# headspace hangout

## a social group for 18-25 year olds

**We know it can be hard making new friends - from people moving on with life, to struggling with social anxiety, or anything else that may get in the way.**

That's why we're running a social group for all 18-25 year olds in our community who would like a chance to meet new people and have fun with activities.

### Key features:

- Socialise at your own pace; you won't be forced to participate if you aren't ready.
- You'll get to join at the same time as everyone so there aren't any awkward intros.
- No time-commitment; join for one meeting or join for all!
- Considerations for people with anxiety, neurodiversity, other mental health concerns and all abilities.
- Group runs on two different weekdays - so if you miss one, you can attend the other.

## More info



### When?

Every month:  
Second Wed 5pm-7pm and  
Last Fri 4pm-6pm



### Activities

Arts & crafts, books, movies, pop culture, games, trivia, food, music, and more.



### Where

headspace Bankstown with opportunities to go out.



### Cost

Totally FREE! We'll also have some snacks at meetings.

# Activities & Events 2023

## A hint at what's coming up...

### Mar - Tuning In

Nitty gritty group agreements, followed by a music & art exploration activity. We'll also curate our own playlist for the rest of the year.

### Apr - BRING. IT. ON.

It's Games Night! Bring your best game face as we play games with *some* cheeky humour.

### May - And the Oscar goes to...

Divulge into your inner movie critic with a short film marathon and critique sitting.

### Jun - Magic School Bus

We'll be off to an outing of the group's choice. Stay tuned in previous meetings to have a vote!

### Jul - Smarty Pants

Learn new facts in trivia & fuel your competitive heart. With prizes to win, it's due to keep you sharp! Members can also present on niche topics with short presentations if they wish.

### Aug - Dance Fever

Get your boogie on with silent disco! No judgements as it'll be dark enough that no-one will notice your robot dance.

### Sept - Masterchef Bankstown

Without the cameras of reality TV, cook up a storm and enjoy a culinary experience.

### Oct - These Boots are Made for Walkin'

Lace up for mindfulness in the outdoors with a Nearby Nature Walkshop with connections to Country.

### Nov - Clay the Way

Sculpt something special using clay and creative freedom to make whatever you like. Help is available if you get stuck in the mud!

### Dec - Finale Fantastique

Our very last meeting is a mystery, to be decided by the group.



## Register here

<https://form.typeform.com/to/ahGbonFP>

Activity schedule is a guide only. They are subject to change based on availability. We will try our best to ensure that adequate notice is given for any significant changes.

\* \* \* \* \*

This social group was planned with the consultation of many young people from our centre. A special thank you to everyone who provided their thoughts, ideas and recommendations.