

# Youth Week April 2024!



headspace Batemans Bay got amongst it this Youth Week, with our team attending Youth Week events across the Eurobodalla.



## Annual Youth Reference Group Camp

Two of our Youth Reference Group members took part in the Annual Youth Reference Group Camp, in Berry joining other young people from across the region to discuss youth mental health.



## Battle of the Bands

What a vibe at Currents Battle of the Bands! So much talent under one roof. A huge congratulations to Joint Custody, who took out the winning prize!

Thanks to the Eurobodalla Council for having us, and to everyone who dropped by our chill-space to give Max the therapy dog some love.



## Eat Well, Be Well workshop series

Our dietician Molly attended the Eat Well, Be Well workshop hosted by the Eurobodalla Council, where she dished out some awesome tips on the connection of eating well for a healthy headspace.



## Youth Suicide Prevention Mural Launch

headspace Batemans Bay attended the unveiling of the Hanging Rock Mural. The mural was painted for youth suicide prevention.

The realisation of this community project is thanks to the vision and dedication of Deanne and Pat Griffin in tribute to their son Sean.

# coming up in may...

# headspace Forum 2024

The theme for this Forum is one *headspace – many communities*, which speaks to the combined value of the full suite of headspace programs and services provided to communities across Australia.

Staff from our headspace Batemans Bay centre, including our Manager Sarah and Community Engagement Officer Maggie will be attending the forum in Brisbane.

## DBT Skills Group

A flyer for the DBT Skills Group. It features the headspace Batemans Bay logo in the top right corner. The main text reads: "DBT Skills Group for practical tools in mindfulness, emotional management and effective communication. are you 16-25 and facing challenges like mood swings, intense emotions, impulsivity, decision-making troubles, or difficulty recognising emotions? join our DBT Skills Groups to build a life worth living." There is a large white arrow pointing right and an illustration of a woman sitting at a desk with a laptop and a cup of coffee.

headspace  
Batemans Bay

**DBT Skills Group**

for practical tools in mindfulness,  
emotional management and effective  
communication

are you 16-25 and facing challenges like  
mood swings, intense emotions,  
impulsivity, decision-making troubles, or  
difficulty recognising emotions?

join our DBT Skills Groups  
to build a life worth living.

A flyer with a green background. It has a dark green box at the top that says "sign up for one or multiple groups". Below this, it lists the topics for two groups: "group 1 will cover · mindfulness · distress tolerance · emotional regulation" and "group 2 will cover · mindfulness · communication and validation skills". At the bottom, a dark green box says "group 1 commences Tuesday 30 April 2024 and runs for 10 weeks".

**sign up for one or  
multiple groups**

group 1 will cover  
· mindfulness  
· distress tolerance  
· emotional regulation

group 2 will cover  
· mindfulness  
· communication and validation skills

**group 1 commences Tuesday 30 April 2024  
and runs for 10 weeks**

Mental Health Clinician Amy is joining James from Karralika to deliver our DBT Skills Group this May.

# new staff

**headspace Batemans Bay welcomed a new Mental Health Clinician in April.**



**welcome to the team Sophie!**

## about

We're a place where young people aged between 12 – 25 years who are going through a tough time can get support.

We provide a safe and confidential environment for young people to access free services across six areas:

- dietitian
- family therapist
- mental health services
- alcohol and other drugs services
- work and study support
- sexual health clinic

We are a free service - which means there will be no out of pocket cost to young people.

Additionally, our centre is wheelchair friendly, with easy access parking available to cater for every young person's needs.

## how do I make a referral?

A young person can self-refer if they are over the age of 14 years old, or by a parent if they are between the age of 12-14 years old.

If you're a young person, or parent or guardian and would like to connect, please fill in the appointment form via the link

[Appointment Form](#)

Community members, organisations, GP's, schools etc. can refer a young person with their consent.

If you're an organisation, school, and or service provider etc. and would like to make a referral please fill in the referral form via the link.

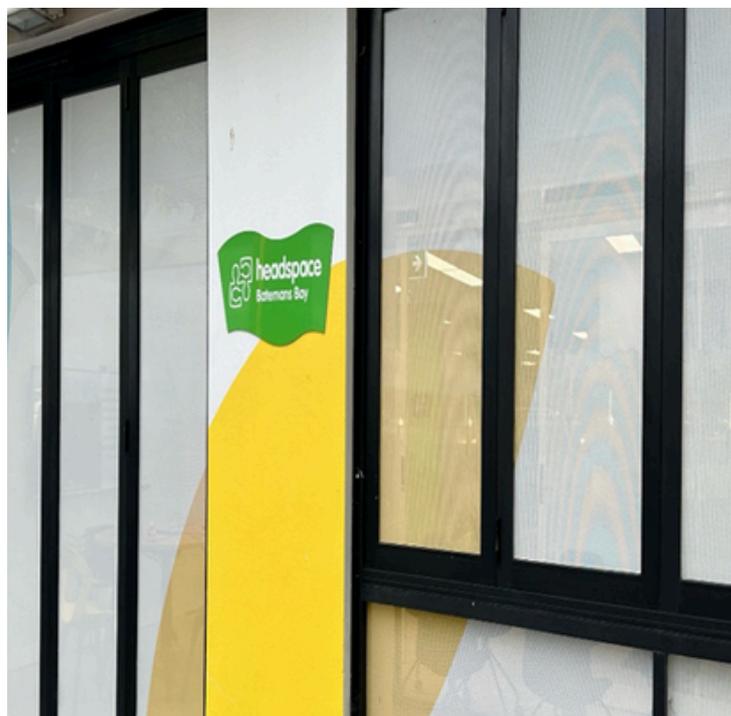
[Referral Form](#)

## what might happen at the first visit?

Your first visit may be in person, via zoom or on the phone.

At the first visit you will:

1. Complete a brief online survey
2. Complete a consent form with a headspace Youth Access Worker
3. Be given an opportunity to share what's been impacting their wellbeing and talk together about what goals they want to work on.



## hours

Monday: 9:00am - 7:00pm  
Tuesday: 9:00am - 6:00pm  
Wednesday: 9:00am - 6:00pm  
Thursday: 10:00am - 6:00pm  
Friday: 9:00am - 5:00pm

Out of office appointments are available on request.

If you have any questions or require more information, call the Centre on 1800 718 383