

what's on May 2024!

In May, headspace Batemans Bay launched our DBT Skills Group, celebrated IDAHOBIT Day, National Volunteer Week, and participated in the Sorry Day Bridge Walk.



DBT Skills Group

headspace Batemans Bay and Karralika have teamed up to deliver a DBT Group, where young people aged 16-25 experiencing challenges like mood swings, intense emotions, impulsivity, decision-making troubles, or difficulty recognising emotions can learn skills to build a life worth living.



IDAHOBIT Day

headspace Batemans Bay went rainbow for IDAHOBIT Day, which marks the anniversary of the World Health Organisation's removal of homosexuality from the Classification of Diseases and Related Health Problems, as well as celebrating all LGBTIQ+ people globally, and continuing to raise awareness for the work still needed to combat discrimination.



National Volunteer Week

This year's theme is 'Something for Everyone', celebrating the diverse passions and talents that everyone brings to the act of volunteering.

A huge shoutout to our amazing Youth Reference Group, who ensure we remain a youth focused service through their invaluable consultation and engagement with the community.



Sorry Day Bridge Walk

Staff from headspace Batemans Bay joined the annual Sorry Day Bridge Walk.

National Sorry Day is held every year on 26 May and acknowledges the mistreatment of Aboriginal and Torres Strait Islander people who were forcibly removed from their families—the Stolen Generations.

coming up...

QUEEROBODALLA

PRIDE MONTH LAUNCH

2 June '24



CELEBRATE AT KYLA PARK HALL TUROSS HEAD 11AM-4PM

WELCOME TO COUNTRY + LIVE MUSIC + ART +
YOUTH AREA + FACE PAINTING + INFORMATION
+ RESOURCES + FOOD TRUCKS + YOGA +
ZUMBA + CHOIR WORKSHOP + EXPRESS
YOURSELF CORNER + CHILL OUT ZONE + MORE!



@QUEEROBODALLA

SCAN FOR FREE REGO



IN MY BLOOD IT RUNS

History.
Learning.
Love.
Resistance.



Join headspace Batemans Bay
and KATUNGUL for a FREE BBQ and
screening of "In My Blood It Runs"
to celebrate NAIDOC Week!

when

Thursday, 11 July 2024 @ 12pm

where

Bay Pavilions, 12 Vesper St,
Batemans Bay NSW 2536

contact

P: 1800 718 383 or 0437 803 288

E: info@headspacebatemansbay.org.au



headspace
Batemans Bay



how long will it take for me to...

**fill in a
referral form?**

* scan the QR code below

**whenever
you're ready**

**book an
appointment?**

* call our office on 1800 718 383

today

**speak with
a clinician?**

* this could be as soon as today

**within a
week**



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.

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

Fill out our Referral Form via link:
[Referral Form](#)

Or scan the QR Code:



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