

what's on at headspace?



Here are just a few of the programs, activities and events coming up at headspace Cessnock this month.



Therapeutic Family Counselling

On Monday's, Taipu assists families where young people are experiencing mental health problems. This may also include domestic violence and alcohol and other drug support.



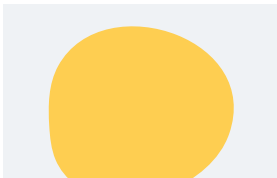
Adolescent Family Counselling

From Monday to Thursday, Tracy and Alyssa offer counselling that can help with a variety of issues including, disagreements of family rules and expectations or disruptions to family life due to separation, divorce, loss or other trauma.



LGBTQIA+ Cessnock CONNECT group

Held on the second last Tuesday of the month, CONNECT is headspace Cessnock's social group for young people aged 16-25 who are questioning or identify within the LGBTQIA+ community.



Child & Adolescent Mental Health Services

On Tuesdays and Wednesdays, Child & Adolescent Mental Health Services drops by to support young people with acute mental health problems.



Drug & Alcohol support

We provide support to young people who would like to quit or cut down on their alcohol or drug use. Betty comes by every second Wednesday and Holley from Youth Drug & Alcohol Services every Thursday.



Art Therapy @ Cessnock

Lisa sees young people on Fridays to increase their ability to understand and manage their feelings, self-worth & relationships through art. Call us about referrals to see Lisa!



Throwback Thursdays

Throwback Thursdays are our social group for young people aged 12-25 who would like to meet like-minded people in our community. Held during school terms, the group meet each Thursday afternoon from 4pm-5pm for:

- >Cooking classes
- > Arts & crafts (think tie dying, macrame, DIY sensory items)
- > Physical wellness and movement

Get involved by emailing headspacecessnock@samaritans.org.au or call [4993 3450](tel:49933450) and speak to us!