

# Workshops and events!



Here are just a few of the workshops, activities and events headspace Gympie can offer no/low cost to your school or workplace.



## Who is headspace?

"who is headspace" offers a hour-long workshop for young people aged 12-18, giving an overview of services at headspace Gympie. Through interactive activities, participants uncover the range of free mental health and well-being services available.



## headspace Stall

At headspace Gympie, we're committed to enriching school/ community events like Mental Health Week, Pride month, Youth Week, and NAIDOC Week. You can also organise us at your form classes, and parade, where we share the vital services we offer.



## Teen Mental Health First Aid

Equips young people aged 12-18 with the knowledge, skills, and confidence to recognise, understand and respond to a friend or classmate experiencing a mental health problem or mental health crisis.



## First Nations- Stronger You Wheel

This workshop empowers Aboriginal and Torres Strait Islander young people aged 12-18 to reflect on thier Mental health and Wellbeing. Through activities, students identify barriers and develop strategies, utilising the "stronger you wheel"!



## workshop and events requests!

To submit your requests, kindly fill out the "workshop/event request form" and direct it to headspace Gympie Reception at [hsgreception@youturn.org.au](mailto:hsgreception@youturn.org.au). Thankyou for your support to the young people of Gympie.