

# february newsletter

everything happening within our centre  
and the community at large for our  
young people





1		<b>Paint The Town Red</b> Doja Cat
2		<b>The Worst Person Alive</b> G Flip
3		<b>Saving Up</b> Dom Dolla
4		<b>Rhyme Dust</b> MK & Dom Dolla
5		<b>Prada</b> cassø x RAYE x D-Block Europe
6		<b>adore u</b> Fred again.. & Obongjayar
7		<b>What Was I Made For?</b> Billie Eilish
8		<b>Rush</b> Troye Sivan
9		<b>Lovin On Me</b> Jack Harlow
10		<b>Chemical</b> Post Malone

Thanks to everyone who shared on your social media, bought a t-shirt, listened in and generally supported our partnership with triple j.

did you pick any of the top 10 songs for 2024?

our community engagement team were busy hosting a Hottest 100 party at The Station in Horsham for our young people. they were **one of only 3 centres** across Australia's headspace centres to host an event

huge shout out to the young people who attended ...

we are stoked to have been able to reach so many young people and their families nationwide and let them know how headspace can support them.

the funds raised will support our digital mental health programs, specifically enhancing our peer support services.



**headspac**  
Horsham

**are you aged 15-25 and passionate about youth mental health in our community?**

**apply for youth reference group today!**

**in youth reference group, you will:**

- **plan and deliver events and programs for young people**
- **meet other young people with similar passions and interests**
- **gain leadership experience**
- **have training opportunities**
- **develop skills to put on your resume!**

**scan here to apply!**

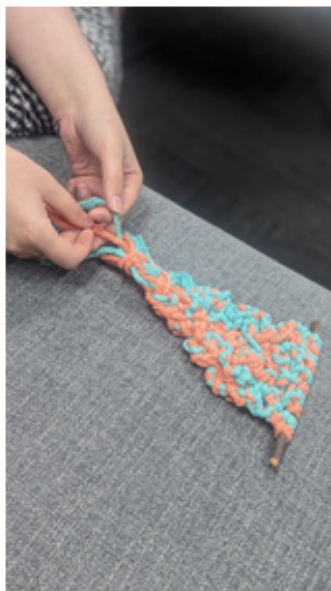


# CREATIVE SPACE



**EMBROIDERY**

in January, one of our young people undertaking student placement hosted 3 creative space workshops



**MACRAMÉ**

we had 12 young people come along across the 3 workshops - embroidery, macrame, and sneaker art...

we are hopeful to run more similar sessions next school holidays



**SNEAKER ART**

# thought about joining the team at headspace Horsham?



keep your eyes peeled on our socials  
as we have a few exciting  
opportunities upcoming in our team

## Youth Reference Group

6<sup>th</sup> February  
4 - 5pm

## Rainbow Group

29<sup>th</sup> February  
4 - 5pm

# Young Adult Book Club (15-18Y/O)



our book club members have been busy finishing off our amazing mural whilst in planning mode for what the rest of 2024 looks like ...

**Do you love reading and all things books? Then you should join our Young Adult Book Club!**

Our Young Adult Book Club runs on the last Wednesday of each month from 4pm. Each month we read a shared book and discuss what we thought about it! We also talk about other bookish things, such as what on our TBR and what we are all currently reading!

## Next Book Club

**28th February  
4-5pm**

**Theme: ANGST**



# rainbow group

every last thursday of the month

4 - 5pm

headspace Horsham groups room

A safe space for  
LGBTQIA+ young people  
& allies to hangout



Remember that you can access a range of services, information and support with help always at hand with our eheadspace team

**eheadspace.org.au**

**if you're 12-25 and going through a tough time,  
you can talk to a eheadspace youth mental  
health professional.**

**1800 650 890**

**7 days a week**



### **Ways to connect**

create an account to access chat, email & a range of other resources



#### **Chat online**

Create an account to use webchat with a clinician  
Available 9am-1am AEDT every day



#### **Call us**

Calling is the fastest way to connect with a clinician  
Available 9am-1am AEDT every day



#### **Send an email**

Create an account to email a clinician,  
you can message at any time and we'll  
respond within 2 days.