



headspace  
Horsham

# november newsletter

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



# Farewell Alberto!

We're sad to say goodbye to Alberto, our awesome youth counsellor, who's been with us for 18 months. He has been travelling twice a week from Ballarat to support our centre, while also blessing us with his fun and chill energy.

Alberto's time and dedication has had a huge impact on our young people, and his efforts will not be forgotten.

We wish him all the best with whatever is next to come!



## common myths and facts about mental health difficulties

### Myth

**Family and friends can't help people with a mental health difficulty.**

### Fact

Family and friends, as well as the wider school, work and community network, play an important role in supporting young people recovering from mental health difficulties. Family and friends have an ongoing connection with the young person and can offer understanding and practical support that makes a big difference.

### Myth

**People don't recover from periods of mental ill-health.**

### Fact

Most people recover from mental ill-health. In fact, recovery is more likely than not. With the right treatment and support, people commonly return to wellness, as well as learn lifelong skills that help handle life's tough times if they occur in the future.

While some people can experience multiple episodes throughout their life, these learned skills can reduce the duration and severity of these periods, and increase someone's capacity to live the life they want during periods of illness.

### Myth

**Mental health difficulties are caused by genetics.**

### Fact

Mental health difficulties and mental ill-health are complex and can occur for different reasons. Things like grief, relationship break-ups, bullying, exams, family conflict – also called environmental factors – are some of the most common contributors to the onset of mental ill-health in young people.

While environmental factors can worsen any genetic vulnerability, they can also help. For example, a strong family support system can go a long way towards preventing onset of mental health difficulties.

# meet the Horsham team



**Alberto**  
*youth counsellor*



**Charlotte**  
*youth counsellor*



**Alisha**  
*community engagement*



**Helen**  
*youth counsellor*



**Trina**  
*team leader of centre ops*



**Cass**  
*youth outreach*



**U'Nlta**  
*youth enhanced worker*



**Jordan**  
*youth peer worker*



**Colleen**  
*client services*



**Louie**  
*trained therapy dog*



**Ash**  
*LGBTQIA+ peer worker*



**Wally**  
*staff therapy dog*

# LGBTQIA+ Dates

November is filled with super important dates! Here's what we're looking forward to this month:

- **All month** November: Transgender Awareness Month
- **8** November: Intersex Day of Remembrance
- **13–19** November: Transgender Awareness Week
- **20** November: Transgender Day of Remembrance

Let's take a moment to celebrate these meaningful days! They're a chance for us to raise awareness, bring people together, and spark real change in our community!



# Good Luck Year 12s!

headspace Horsham wishes all year 12 students' good luck for exams!

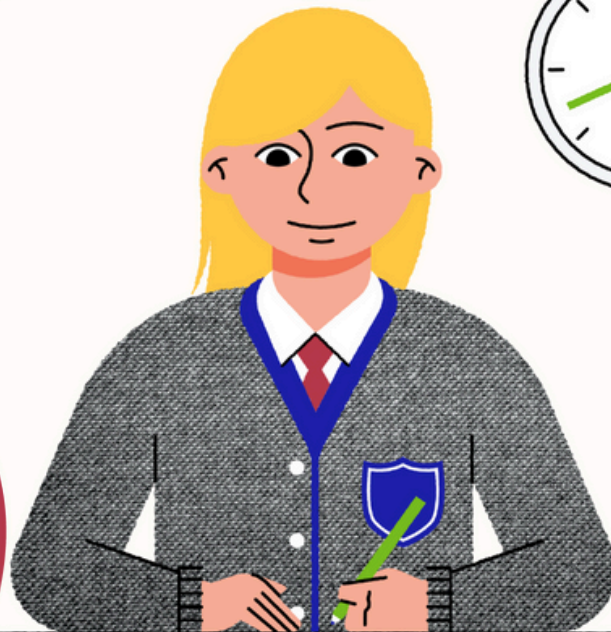
Don't forget to take breaks 🕒 get at least 8 hours sleep 😴  
drink lots of water 💧 and eat nutritious foods 🍓

We know exam time can be stressful. If things feel like they're getting a bit too much, headspace is here to support.

Our website has heaps of great study tips to help reduce stress [headspace.org.au](https://www.headspace.org.au) 🔗

You can drop into our centre, call us on 5381 1543, or email us [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org). ❤️

good luck  
year 12s!





the facts:  
tips for a healthy headspace

# understanding your options after leaving school

It can be challenging deciding what to do next when you leave school. You've been in school for many years and now it's time to take a step into the next stage of your life.

If you left school early or didn't get the results you wanted and/or are confused about what to do next, you're not alone – these are common experiences for lots of young people.

To help you navigate your next steps, we've compiled a list of options for you to consider.

## TAFE and uni – alternative pathways

The traditional pathway from school to uni is not the only way. Most TAFEs and universities offer other pathways to get into courses.

There are many options and each TAFE/uni will have different pathways, so check their websites. They will be happy to work with you to map out an ideal pathway to your dream course.

### Useful website:

#### Course Seeker

A tool to easily search and compare thousands of courses from different institutions across Australia.

[courseseeker.edu.au](http://courseseeker.edu.au)

Find a study pathway that suits your individual needs



## Apprenticeships

Apprenticeships allow you to earn money while you learn a trade and work towards an accredited qualification. They can be full-time, part-time or school-based, and are available to anyone of working age.

Apprenticeships are usually for 3-4 years.

### Useful websites:

#### Australian Apprenticeships Pathways

A range of tools and resources to assist students researching apprenticeship and traineeship career pathways.

[aapathways.com.au](http://aapathways.com.au)

#### Apprenticeships Support

Find out more about apprenticeships and search opportunities.

[apprenticeshipsupport.com.au](http://apprenticeshipsupport.com.au)



Learn a trade and gain a qualification while you earn money.



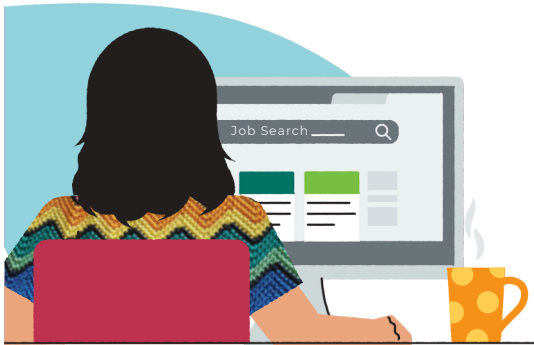
## Traineeships

### Learn and study on the job

Traineeships are usually 1-2 years and are similar to apprenticeships. However, they provide on the job training in a wide range of occupations. Organisations usually list traineeships on their careers' page or via job search platforms like SEEK.

#### Useful website:

**SEEK**  
[seek.com.au](http://seek.com.au)



## Volunteer

### Build your network, gain experience

Volunteering can be a great way to gain real-world experience, meet new people and get a foot in the door. If you're curious about a particular industry or interested in an organisation, volunteering can help you build transferable skills and get industry experience.

There are many opportunities available in Australia and overseas. However, if you know an organisation you would like to volunteer for, it's worth contacting them directly and outlining your interest.

#### Useful websites:

**SEEK Volunteer**  
Australia's largest source of volunteer opportunities  
[volunteer.com.au](http://volunteer.com.au)

**Australian Volunteers**  
Search volunteer opportunities in Australia and abroad  
[australianvolunteers.com](http://australianvolunteers.com)

Getting support

**If you're still unsure about what's next, headspace Work and Study can help – [headspace.org.au/workandstudy](http://headspace.org.au/workandstudy)**

Our service is tailored to your needs and can support you in developing the skills and confidence to reach your work or study goals.

It's free and online – using webchat, video, email, or phone.

## Take a gap year

**A gap year is a year off academic study and is often taken after you finish secondary school. It's a way to think about your journey so far and what to do next – you could travel, work and/or volunteer.**

It can also be a great way to try something totally different, meet new people and experience a new culture. There are organisations that can do this for you, or you can plan it yourself.

#### Useful website:

**Year 13**  
Have a good list of gap year providers  
[year13.com.au/explore/travel](http://year13.com.au/explore/travel)



Meet new friends, experience other cultures, learn new skills



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

headspace National Youth Mental Health Foundation is funded by the Australian Government.

 **headspace**  
National Youth Mental Health Foundation

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# Get To Know Our Team

We asked the team what they do to get through a tough time and what self-care looks like for them. Here's what two of our awesome staff had to say!



**Cass**

*youth outreach*

Meet Cass, our Youth Outreach Worker! When times get tough, Cass knows how to take care of herself. She loves diving into a good book, keeping her hands busy with video games or puzzles, and practicing muscle relaxation to unwind. A way Cass practices self care is treating herself to her favourite foods while binge-watching her comfort shows.

Say hi to Alisha, our Community Awareness Youth Engagement Coordinator! When Alisha's feeling down she finds strength and comfort in talking things through with the people who know her best, like her mum or partner. Walking outside to connect with nature also helps her reset, and when she needs a cozy moment, you'll find her curled up on the couch, soaking in her favourite tv shows.



**Alisha**

*community engagement*



# ASSIST Training

We are excited to share an upcoming opportunity in November. headspace Horsham was fortunate enough to benefit from generous fundraising efforts by our local community in June through the Push-Up Challenge, who raised \$5,632 for our centre.

For those who aren't aware, The Push-Up Challenge is a campaign that's delivered every year to raise awareness for mental health and suicide prevention. The amount of push ups each year is based on the deaths by suicide in Australia from the previous year. Sadly, this year's amount is 3,249, which is a significant increase from last year.

In the spirit of the Push-Up Challenge, headspace Horsham wants to give back and equip our community with important skills to support important conversations to be had around mental health and wellbeing. Utilising the funds raised from the Push-Up Challenge, headspace Horsham on **Wednesday November 20 & Thursday November 21** will be providing free ASSIST training to our community. ASSIST is a two-day interactive, skill-building workshop that prepares professionals and caregivers (of all kinds) to provide suicide first aid interventions.

If you would like to register for this upcoming training, please email our team at [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)

Please note there are limited registration spaces for this upcoming opportunity with registration closing **November 18**.



# ASIST<sup>®</sup>

*Applied Suicide Intervention Skills Training*

## FOCUS

ASIST is a two-day interactive, skill-building workshop that prepares professionals and caregivers (of all kinds) to provide suicide first aid interventions.

Learn to:

- Recognise people who may be having thoughts of suicide
- Ask them about suicide, hear their story and understand their situation Help them keep safe and develop and effective personal safe plan
- Connect them to community supports and resources

## WHEN

Wednesday November 20 and Thursday November 21, 2024 9am – 5pm

## WHERE

Wimmera Wellbeing Centre  
28 Urquhart street, Horsham, VIC, 3400

## REGISTER NOW

To register, email [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)

**REGISTRATIONS CLOSE MONDAY 18TH NOVEMBER 2024**

**Note: participants must attend both full days to receive a training certificate**

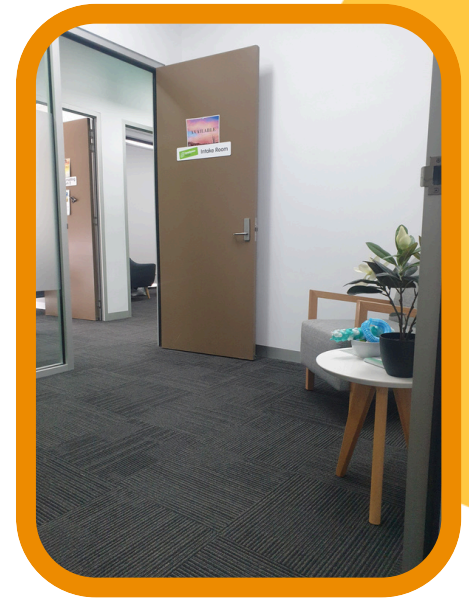


This training has been funded by headspace Horsham through the charitable donations received from community members through participation in the 2024 Push Up Challenge and Murray to Moyne Challenge.



# Intake and Assessment Room

If you have been following our socials, you may have noticed our posts surrounding our Intake and Assessment Room. This is one of the first rooms young people see when accessing our services! We want young people to feel comfortable walking through our doors and we need your help!



Below we've attached a feedback form to hear your thoughts on how we can make this room more young people friendly. We encourage young people, as well as their family, carers, and friends to fill in this form. Alternatively, you can comment on our Facebook or Instagram post or email us at [info.headspace@vt.uniting.org](mailto:info.headspace@vt.uniting.org)

<https://form.jotform.com/24247080779>

[4869](https://form.jotform.com/24247080779)



# which service is right for my young person?

We have many resources on our website ([headspace.org.au](https://headspace.org.au)) to help you take care of your young person's health and wellbeing.

If they've been using these resources for some time without improvement it's important to get the support of a professional.

Here's a list of our services to help you work out what might be right for them.



## headspace centres

headspace centres provide face-to-face information, support and intervention (where appropriate) to young people aged 12-25 for anything affecting their health and wellbeing.

Support may be offered across any of the headspace four service areas (read about these areas on page 4).

Many headspace services also offer group support/programs in addition to individual support.

To find out about the services that are available or to make an appointment on behalf of your young person you can call, email or drop into your local headspace centre.



## headspace

headspace is a national online and phone support service for people aged 12-25, their families and friends. headspace is staffed by experienced and qualified youth mental health professionals.

Web-chat and phone support operates from 9am – 1am (AEST), every day of the year. All they need to do to access headspace is create an account at [headspace.org.au](https://headspace.org.au) (for web-chat or email support) or call 1800 650 890.



## work and study

headspace Work and Study is an online and phone support service for people aged 15-25 years who need support with work or study. It is staffed by work and study specialists.

The service operates within business hours, and we will try and find an appointment time that works for your young person. Work and Study sessions usually take an hour.

To access the Work and Study service, all your young person needs to do is register at [headspace.org.au](https://headspace.org.au)/workandstudy (for web-chat and email) or phone 1800 610 794.

All Work and Study services are free, but if called from a mobile the usual call charges will apply.



## career mentoring

Career Mentoring is an online and over the phone service that connects young people aged 18-25 with an industry mentor in their field of interest. Mentors work with young people to help them find, maintain and enjoy work.

Mentoring occurs every two weeks, for up to six months.

To register interest in Career Mentoring, your young person can visit [headspace.org.au/mentoring](https://headspace.org.au/mentoring)

All Career Mentoring services are free. If a young person is connecting with their mentor by phone, they will be given a toll free number to call.



## headspace Telehealth

In regional and rural areas, getting access to expert psychiatrists is difficult. headspace Telehealth addresses this by providing 12-25 year olds in these areas access to highly-skilled psychiatrists via video consultations.

The low cost service ensures young people get high quality mental health care, while continuing their treatment within their local community.

Read more about headspace Telehealth at [headspace.org.au/telehealth](https://headspace.org.au/telehealth)



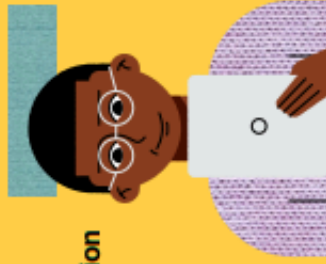
# what might happen if I visit headspace?

## at the first visit

Your first visit may be in person, or on the phone. At the first visit you will:

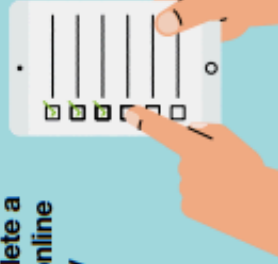
1

Fill in a registration form



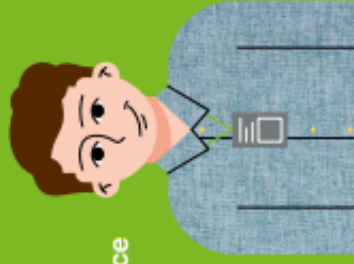
2

Complete a brief online survey



3

Talk to a headspace worker



4

Be given the opportunity to:

- share what's been impacting your wellbeing
- talk together about what goals you might want to work on.

If you feel comfortable, family members are encouraged to attend.

## after the first visit

If you choose to continue at headspace, together we might work on goals you've identified as important to you. We would work together to plan the next steps which may include:

- access to a doctor and/or mental health nurse for physical or mental health difficulties
- study or vocational assistance with a work and study specialist
- sexual health information and support
- alcohol and other drugs assistance from an Alcohol and other Drug Support Worker
- referral to other agencies best suited to you and your family's needs. If you need a referral from a doctor to access a particular service, we can arrange this
- mental health support, such as cognitive behavioural therapy (CBT), problem solving, supportive counselling and group therapy.



We take your confidentiality, privacy and safety seriously. Read more about confidentiality and our duty of care on page 16.



the facts:  
tips for a healthy headspace

# leaving secondary school – navigating big changes

Leaving secondary school can feel like a big deal. Some people find it exciting and full of opportunities while others feel stressed and overwhelmed, or a combination of these things. Even changes that you're looking forward to can cause some worries. Everyone responds differently to change. Whatever your reaction is, it's OK to feel this way.



**The uncertainty that big changes bring can be challenging.**

## What challenges and concerns might I experience?

**The uncertainty that big changes bring can be challenging. Some common concerns that people experience with the change from secondary school can include:**

- ❖ making friends in a new setting
- ❖ figuring out course structures or new workplace environments
- ❖ juggling commitments, such as work, family, friends and further study
- ❖ meeting different expectations and obligations (e.g., meeting deadlines)
- ❖ adapting to new living arrangements (e.g., moving out of home)
- ❖ wondering if you have made the right decisions
- ❖ managing finances and financial pressures
- ❖ experiencing new freedoms
- ❖ finding a new sense of identity and belonging
- ❖ feelings of grief or loss.

## What things can help?

There are lots of things you can do to support yourself during these times. Learning some strategies can help you feel better prepared to cope with any worry or stress.

- ◆ Stress is our body's way of reacting to change, there are things you can do to help you cope. Learn about stress and your early warning signs.
- ◆ Make a list of things you can do to support yourself. Things that you enjoy and that help you de-stress.
- ◆ Notice any unhelpful thoughts. Try talking about them with someone you trust or writing them down. Talking things through can help you feel supported.
- ◆ Accept that some things won't go to plan, but can give us opportunities for growth.
- ◆ Be kind to yourself. Change and uncertainty can be hard work.

**No matter what's going on in your life, it's a good idea to look after your headspace.**

**These are things like staying connected with family and friends, building your skills for tough times, staying active, getting enough sleep, eating well and cutting back on alcohol and other drugs. See our website for more tips ([headspace.org.au/tips](https://headspace.org.au/tips)).**



Talking things through can help you feel supported



## Practical tips

**Preparing for change can help it feel more manageable. These are things like:**



### Problem solving

Identify what's troubling you and name it. This helps you figure out what's in your control and find a possible solution. It also helps you let go of what's out of your control.



### Setting achievable goals

At times, your goals can seem big and overwhelming, breaking them down into manageable chunks can help you take those first steps.



### Creating a routine

Routines bring order and predictability to our lives. Remember to include activities that you enjoy.

## Getting support

**Big changes can be stressful and we all need support sometimes. Reach out to a trusted friend, family member, Elder, teacher, counsellor or a health service for support.**

If you're aged between 15-25, headspace Work and Study can help you navigate your way through work or study and support you to transition from school to work or further study. It's free and online via webchat, video, email or phone. [headspace.org.au/workandstudy](https://headspace.org.au/workandstudy)



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

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National Youth Mental Health Foundation

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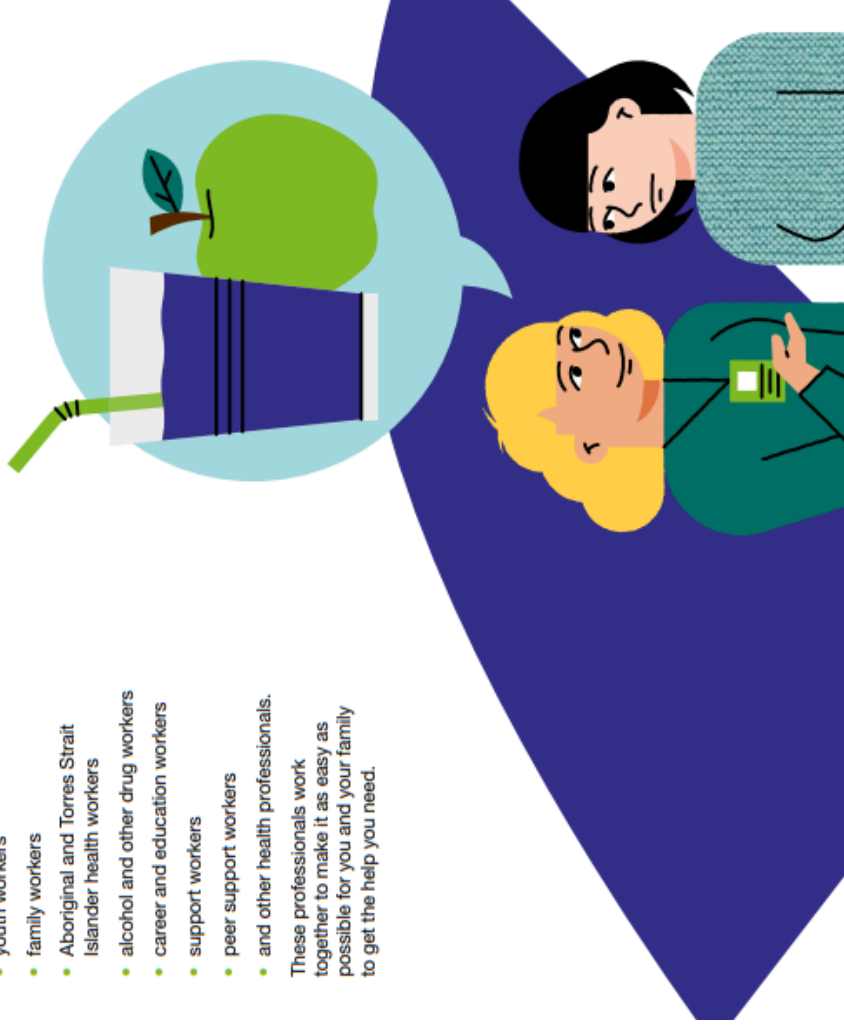
# who provides services at headspace?

At headspace, you can meet with a range of workers, including:

- psychologists
- social workers
- occupational therapists
- mental health nurses
- doctors
- psychiatrists
- intake workers
- youth workers
- family workers
- Aboriginal and Torres Strait Islander health workers
- alcohol and other drug workers
- career and education workers
- support workers
- peer support workers
- and other health professionals.

These professionals work together to make it as easy as possible for you and your family to get the help you need.

Each headspace centre caters for their local community, and may not have all of the workers listed here. Make sure to check with your headspace centre about what services they provide. If they don't have the exact service you're looking for, they will be able to help recommend or suggest another service.



# how to contact headspace

our centre is open Mon - Thurs 9-6pm  
and Fridays 9;5pm



5381 1543



[info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)

or follow us on our socials



77 Hamilton Street  
Horsham, Victoria





# What's On November 2024

## HORSHAM & SURROUNDS

Every Saturday morning

### Wimmera River Parkrun - Horsham

Start your weekend with a walk, jog, or run at Sawyer Park along the Wimmera River in Horsham at 8am. You can bring your friends, family or pets too!

Monday - Sunday

### Events @ The Horsham RSL

The RSL offers a variety of events and activities! For more details on upcoming events, visit their website at <https://www.horshamrsl.com.au/upcoming-events-1>

First & Fourth Monday each month

### Haven Arts and Crafts

Come and join in for arts and crafts sessions at Haven Hall from 1pm to 3pm. It's a wonderful opportunity to connect with others, and indulge in activities you love.

Wednesdays, Thursdays & Fridays

### Wimmera Libraries Events

Experience the Wimmera Libraries! Join for an exciting line-up of activities. For more information on these events, <https://www.wimmeralibraries.vic.gov.au/events-calendar/>

Wednesdays & Saturdays

### Horsham Urban Landcare

The Horsham Urban Landcare team has a lot going on every month! Their events: Boomerang Bag Working Bee at the Senior Citizens Centre the 2nd Wednesday of the month; Produce Swap at The Patch, the Salvation Army Community Garden on the 3rd Saturday of the month; Repair Café at the Neighborhood House on the 4th Saturday. Find time to attend these events!

First Friday & Saturday each month

### DALKI GARRINGA - Native Nursery

Dalki Garringa – Good Growing, is owned and managed by the Barengi Gadjin Land Council. They specialise in growing native plants. The nursery is located at 127 Wail Nursery Rd, Wail, opened from 9am - 4pm. Grab a coffee while you look around! For more information 03 5389 1733 or visit their website at [dalkigarringa.com.au](http://dalkigarringa.com.au).

Friday 1st - Sunday 3rd

### Rockin' At The Races

A weekend of entertainment from the Horsham Dance Rockers that includes live music and dancing, attracting locals and visitors from other states. Watch a full dance lineup from Friday to Saturday at the Horsham Town Hall, dance demonstration on Saturday morning at Horsham Plaza. See Facebook page for details

Saturday 2nd

### Haven Market

The Haven Market is located only 5kms from Horsham situated alongside the Henty Hwy. Market times are 9am to 1pm. There is always a huge variety of stalls attending including locally grown and homemade produce, all set up in the relaxed rural atmosphere of the Haven Recreation Reserve.

Saturday 2nd & Sunday 3rd

### Horsham Truck Show

Blue Ribbon Raceway presents Horsham Truck Show 2024. Lots of Categories, Live music from Allan Webster, The Austins & Don Costa. Stalls, bar & food all weekend starting at 9am. The Convoy for the kids starts at 9am on Sunday. All convoy proceeds go to WACK (Wimmera against cancer in kids)



Saturday 2nd & Sunday 3rd

### Natimuk Open Studios Art Trail

Natimuk Open Studios Art Trail (NOSAT) is inspired by the local visual artists and creators in the community. The weekend will offer more opportunity for visitors to stay in the area, engaging with the artists and their studios, visiting the local Farmers Market, supporting other local businesses and cultural endeavours that may be happening. Doors open at 11am and close at 4pm.

Sunday 3rd

### Natimuk Farmers Market Plus

The Natimuk Farmers market plus showcasing produce, handmade products, crafts, food vans & lots more. Check out their facebook page to see what stalls will be there! Entry Gold coin donation at the Natimuk Showgrounds, starting at 10am and ends at 1.30pm.

Monday 11th

### Remembrance Day

You are invited to attend Horsham's Remembrance Day service, beginning at 8:30 am at Sawyer Park, Memorial Drive.



# What's On HORSHAM & SURROUNDS

## November 2024

Friday 15th

### Rosehaven Farms - knitting and crochet

Come along and enjoy a free event where you can bring your knitting, crochet, spinning, cross stitch, and mangle. Reserve your spot, send a message to their Facebook page. Starts at 10am to 1pm, Rosehaven Farms, 989 Wonwondah Dadswells Bridge Rd, Laharum.

Friday 22nd

### The Push All-Ages Tour

The Push All-Ages Tour is back, bringing exciting shows to regional Victoria! Join us at the Maydale Pavilion for performances by The Rions, South Summit, and Jem Cassar Daley, along with local supports. This event will run from 5pm - 9pm.



Friday 22nd - Sunday 24th

### Kannamaroo Festival

Join in for thrilling Carnival rides and entertaining amusements at the Horsham Showgrounds Maydale Reserve! Enjoy live bands and acoustic performances in the Arena, topped off with a fireworks display!



Saturday 23rd & Sunday 24th

### Horsham Darts Tournament

Attention all Dart fans! The Horsham 5-a-side tournament is here! Good luck to all participants, win some incredible prizes! For those interested in watching the excitement unfold, competition kicks off at 8.30am at the Horsham Town Hall

Sunday 24th

### Horsham Shred Skate Competition

Put on your helmet and prepare to hit the half-pipes for the Skate competition the local Horsham Skatepark, on Park Drive. The event runs from 11am to 4pm. Cheer on our local skaters, or join in the fun.

Saturday 30th

### Jung Market

Held at the Jung Recreation Reserve on the last Saturday of the month, excluding December when it is held on the third Saturday, from 9am to 1pm. The market has a wide range of local produce & products from stall holders.

### Performances - HTH

**The Dancers' Zone Circus Extravaganza!** - Sunday 3rd, 2pm **Music Of The**

**Night - A Tribute to Andrew Lloyd Webber** - Saturday 9th, 7pm

**The Gruffalo** - Friday 15th, 4pm After School Show!

**Marcia Hines - Still Shining** - Friday 29th, 7.30pm



For more details & tickets for events on at Horsham Town Hall & Horsham Regional Art Gallery, scan the QR or call 03 5382 9555

### Horsham Regional Art Gallery Exhibitions

#### Ground Floor Galleries:

**MIRROR: HRAG artists reflect on the HRAG collection**

2nd November 2024 - 2nd February 2025

#### Upstairs Gallery:

**Tamara Dean - Leave only footprints**

14th September - 24th November

**Ian Kemp: Neverlasting**

14th September - 24th November

#### Community Gallery:

**ARTSPARK 2024 VCE EXHIBITION**

26th October - 27th November

#### Workshops

Japanese Art Workshop w/ Emi Kamataki -

Thursday 14th, 7pm Start

Life Drawing - Thursday 21st, 7pm

Botanical Painting w/ Pam Thoday-May -

Thursday 7th, 7pm

#### For Kids:

Mini Makers: Alternating fortnightly on Tuesdays and Thursdays

Tuesdays 10am, 19th & Thursdays 2pm, 14th & 28th

Creative Minds: Tuesday's 4pm, 12th, 19th & 26th

### Holding an Event in Horsham & Surrounds?

Email your event details to [tourism@hrcc.vic.gov.au](mailto:tourism@hrcc.vic.gov.au) to be included in our Monthly What's On



**Horsham & Grampians Visitor Information Centre**  
Open Daily 10am-4pm (Closed ANZAC Day, Good Friday & Christmas Day)  
Located within Horsham Town Hall - 71 Pynsent Street Horsham  
Free Call 1800 633 218 | [tourism@hrcc.vic.gov.au](mailto:tourism@hrcc.vic.gov.au) | [visithorsham.com.au](http://visithorsham.com.au)



Please note that all events are correct at time of distribution. Horsham & Grampians Visitor Information Centre take no responsibility of any advertised events that have been postponed or cancelled.

ALWAYS LIVE & TRIPLE J UNEARTHED PRESENT

# THE PUSH ALL- AGES TOUR

TICKETS  
**\$30**  
+BF



FOUR ALL-AGES EVENTS  
ACROSS REGIONAL VICTORIA **22 TO 30 NOV**

**BECCA HATCH / DICE / GOOD SNIFF / FLEWNT & INKABEE  
JACOTÉNE / JEM CASSAR-DALEY / PACIFIC AVENUE  
THE RIONS / SOUTH SUMMIT / TEENAGE JOANS**

EXCLUSIVE TO VICTORIA. HORSHAM, WANGARATTA, GEELONG & BENDIGO (LINEUP VARIES AT EACH EVENT)

FULL LINE-UPS, LOCATIONS & TICKETS AT [THEPUSH.COM.AU](http://THEPUSH.COM.AU)



Youth Music Organisation





INTERNATIONAL  
**MEN'S**  
Day

***BY MEN FOR MEN***

TUESDAY 19 NOV 5.30PM-7.30PM

GUEST SPEAKERS

FREE BBQ

COME AND CHAT ABOUT  
YOUR HEALTH AND WELLBEING

13-15 ROBIN ST, HORSHAM 3400

(03) 5382 5352





Save  
the  
date!

## 2025 Youth Mental Health Roadshow for Educators

Featuring Dr. Michael Carr-Gregg  
Featuring Dr. Michael Carr-Gregg

We are excited to invite educators to a special Youth Mental Health Roadshow featuring Dr. Michael Carr-Gregg, one of Australia's foremost experts in child and adolescent mental health.

This event is tailored for education professionals who are dedicated to supporting the mental health and wellbeing of their students.

Dr. Carr-Gregg will address a variety of pressing issues impacting young people today, equipping you with the knowledge and practical tools to guide them through the challenges they encounter. Dr. Carr-Gregg's presentations are known for being engaging, informative, and packed with practical strategies that educators can apply in the classroom and across the school environment. In today's fast-evolving world, the mental wellbeing of students is more important than ever. This roadshow will provide educators with the tools and insights to better understand and respond to the mental health and wellbeing challenges faced by young people.

**Suitable for:** Primary and Secondary teachers, school leaders, counsellors and wellbeing staff

**Duration:** 45 minutes followed by 15 minutes of question time

**Time:** 4.30 pm - 5.30 pm

**Venue:** To be confirmed

**Cost:** FREE



Mark your calendars  
and stay tuned  
Registrations open  
in Term 1 2025!

5 May - Warrnambool

6 May - Portland

7 May - Camperdown

28 July - Hamilton

29 July - Kaniva

30 July - Horsham

Proudly sponsored by:



Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author, broadcaster and specialist in parenting, children, adolescents and mental health. He wrote his PhD at the University of NSW on adolescents with cancer and in 1985 founded the world's first national teenage cancer patients support group, Canteen. He has been part of SchoolTV since its launch in 2016 and also works in private practice in Melbourne.



Save the date!



# 2025 Youth Mental Health Roadshow for Parents and Carers

Featuring Dr. Michael Carr-Gregg

We're thrilled to invite you to a special Youth Mental Health Roadshow featuring one of Australia's leading psychologists, Dr. Michael Carr-Gregg.

As a trusted expert in child and adolescent mental health, Dr. Carr-Gregg will bring his wealth of experience to this exclusive event designed for parents and caregivers who are eager to support their children through the complex challenges of today's world. Dr. Carr-Gregg will cover a range of critical issues facing young people today, empowering you with the knowledge and tools to help navigate the challenges of parenting. Dr. Carr-Gregg's presentations are known for being highly engaging, practical, and full of actionable advice that can be implemented immediately to support your child's mental health. Whether you're concerned about your child's wellbeing, psychological development or simply want to stay informed, this event is an invaluable opportunity to gain expert insights and strategies from one of the most respected voices in youth mental health.

- Suitable for:** Parents, grandparents and adult carers of Primary and Secondary students
- Duration:** 45 minutes followed by 15 minutes of question time
- Time:** 7 pm - 8 pm
- Venue:** To be confirmed
- Cost:** FREE



Mark your calendars and stay tuned Registrations open in Term 1 2025!

5 May - Warrnambool  
 6 May - Portland  
 7 May - Camperdown

28 July - Hamilton  
 29 July - Kaniva  
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# DIGITAL GAME

to help prevent depression



Researchers need your help to evaluate a mobile game designed to help prevent depression in trans and gender diverse young people.

**TO TAKE PART,  
YOU MUST:**

Participation will involve playing the SPARX-T game on an iPhone over 5 weeks and completing three short surveys assessing the impact of the game.



- ➔ Be living in Australia
- ➔ Be aged 14-18 years
- ➔ Identify as trans or gender diverse
- ➔ Have access to an iPhone



**The  
KIDS**  
RESEARCH INSTITUTE  
AUSTRALIA

**For more information  
scan the QR code or  
email Holly (she/her):**

**[holly.moss@thekids.org.au](mailto:holly.moss@thekids.org.au)**

