



Good Vibes

Good Vibes was a standout headspace Mount Druitt celebration, bringing young people together for an exciting night filled with creativity, connection and self-expression. Developed and driven by our Youth Advisory Committee, who work across both the Mount Druitt and Penrith centres, the event reflected the interests, voices and ideas of young people in our community.

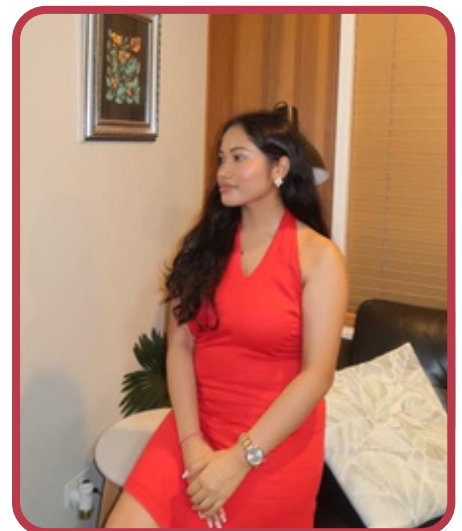
The night featured open mic performances showcasing incredible local talent, hands-on art and craft activities, and a fun and welcoming atmosphere where young people could explore identity, relax, meet new people and enjoy a safe space designed just for them. We are incredibly proud of our YAC team for delivering such a vibrant and meaningful event that truly celebrated youth voice and creativity.



Meet our new Clinician!

We are excited to welcome Ankita, our new Youth Access Team Clinician! Ankita completed her Master of Social Work at Excelsia University and is passionate about connecting with young people. She loves meeting new young people every day and learning from them, finding it rewarding to make a positive impact, even in small ways, by listening to their feelings and understanding their goals.

For self-care, Ankita enjoys a hot shower, skincare, and keeping her space clean and organised. A fun fact about her is that she's obsessed with sunsets, sunrises, and beautiful skies – her phone gallery is full of them!



Early Psychosis

Team Spotlight: Angela, Continuing Care Team Leader

Hi I'm Angela, the Team Leader for the Continuing Care Team here in Penrith.

What I enjoy about my role: is seeing all our incredible, resilient young people progress on their recovery journey and bringing hope to wherever they are. Behind the scenes, I love to problem-solving to help things run smoothly. refining processes and ensuring high-quality of care.

Fun Fact: When I lived in Far North Queensland, we once had a crocodile in our apartment complex backyard. It took the rangers 2 weeks to get it out, as the creek extended behind many apartment buildings!



Upcoming Events!

Games Group

Our Games Group Christmas edition is happening on Wednesday the 3rd of December, from 3:30 to 5:30 PM at headspace Penrith. We'll have Nintendo Switch favourites like Mario Kart, Just Dance and Nintendo Sports, as well as festive snacks and decorations to bring some holiday cheer. It's a great chance for young people to relax, play games, meet others and get to know our team. This is a free drop-in for anyone aged 12–25, and young people do not need to be headspace clients to join.



Christmas Edition!



Our final Pride Place of the year will be a special Christmas session on Wednesday 10 December, from 3–5 PM at Breakthru Penrith. Young people can create their own Christmas baubles and snow globes to use as decorations or gifts for the festive season. There will be free festive snacks, Christmas karaoke and plenty of end-of-year fun. Pride Place is a free, inclusive drop-in for young people aged 12–25. You do not need to be a headspace or Breakthru client to attend. Bring a friend!

Vocational Specialist



NAME : Katie



GOOD NEWS STORIES!

1x young person started a job as a Hair Salon Assistant!

1 x young person started a job in retail at Toymate!

3 x YP got a job in Hospitality: Soul Origin, McDonalds and Donut King

Vocational Specialist



NAME : Caity

WHATS ON NEXT MONTH?

WORK AND STUDY GROUP

If you are 12 - 25 years and looking for some help to get your dream job, come join us.

3RD WEDNESDAY OF EACH MONTH

WED 19TH NOVEMBER

3:30 - 5:30PM

HEADSPACE PENRITH
606 High Street, Penrith

NEED MORE INFO?
Speak to Admin, your VS or Clinician

APPLYING

We can help you write a resume and cover letter aimed at your dream industry. We can set you up with profiles on the right sites.

INTERVIEWS

We can help you prepare for an interview. We can help you practice your answers and guide you on what to say.

JOB HUNTING

We can help you work out what job might suit you best. We can help you plan your career. We can also connect you with the right employers.

STUDY

We can help you find a qualification or short course that can help you get jobs. We can help you enrol and prepare for study.

YOUR RIGHTS

We can help you work out if you're being paid properly. We can help you sort out issues at work including shifts and entitlements.

SERVICES

We can help you sort out Centrelink issues and connect you with services that can help with finances, clothing needs and more.

Register here to attend:

ACHIEVEMENTS!

- 5 new job starts this month
- Supported 1 YP to enrol in study
- Received 7 new referrals
- 4 YP reached their 4 week Milestone in their new job
- Supported 4 YP to get new clothing for jobs and interviews
- Supported YP with 6 job interviews
- Supported 5 YP with Centrelink claims
- Booked a YP with a financial counsellor
- Booked a YP with a TAFE careers counsellor

COMMON QUESTIONS ASKED IN JOB INTERVIEWS:

- Tell me a little about yourself.
- Why are you interested in working here?
- What do you know about our business?
- What strengths do you think you bring to this job?
- What does good customer service mean to you?
- How do you handle stressful or busy situations?
- Can you give an example of a time you worked in a team?
- What's one challenge you've faced, and how did you deal with it?
- What hours and days are you available to work?

LOCAL JOB VACANCIES!

Are you are interested in a new role?

- The Heritage Cafe Penrith - Casual staff
- Aldi Penrith - Junior Store Assistant
- Autobarn Penrith - Casual
- Spanian's Kebabs - Kitchen Crew
- Childcare traineeship - Little Zak's
- Automotive Parts Interpreter Traineeship Nepean Motor Group

Interested? Ask the Vocational Specialists!

headspace Katoomba at Reclaim the Night

This year, headspace Katoomba was proud to support Reclaim the Night by hosting a dedicated chill space for anyone who felt overwhelmed or triggered during the speeches and performances. While some of our team joined the march, others were onsite throughout the event to offer a calm, welcoming environment for young people who needed a break.

The space quickly became a hub for connection and creativity, with young people bringing their posters, beading, and other activities to relax and regroup. It was a reminder of how important it is to provide supportive spaces at community events, especially those that can bring up strong emotions.



The Blue Mountains Women's Health & Resource Centre did an incredible job organising Reclaim the Night, bringing together services, community members, and powerful voices in Springwood town centre. We were grateful to stand alongside them and be part of such a meaningful night.



Mayor's breakfast - 16 Days of Activism

We were honoured to attend the Mayor's breakfast to mark the start of the 16 days of activism and to join in with the Blue Mountains saying no to violence. It was encouraging to see so many members of our community there and to hear the speeches from Mayor Mark Greenhill and Plus Community starting the conversation around the crisis of violence against women.



Wellways
Carer Gateway

BreakAway Hub

Join us for a sausage sizzle and fun activities

Wellways Carer Gateway Services and Headspace have joined forces!! We are offering up a FREE sausage sizzle and hang out at the Katoomba Carers Hub for Young Carers in the Blue Mountains. We welcome you to our new space to enjoy some fun activities, meet new people and enjoy some free food!



Where and When:
Katoomba Carers Hub
7-9 Gang Gang Street, Katoomba NSW
Every Wednesday starting from 5th
November 2025
5pm - 8pm

RSPV and additional info:
Please head to our Eventbrite page to RSVP
Please email Belinda with any dietary requirements - Belinda.mott@wellways.org



To find out more about Carer Gateway visit carergateway.gov.au or call 1800 422 737 Monday to Friday, 8am to 5pm. Emergency respite support available 24/7.



New groups from headspace Katoomba

This term, headspace Katoomba has partnered with Carer Gateway, Wellways, and local businesses to offer new groups in the Upper Blue Mountains. Young people can join Break Away or Walk and Sip on Friday mornings—creating space for connection, creativity, movement, and wellbeing in the community.

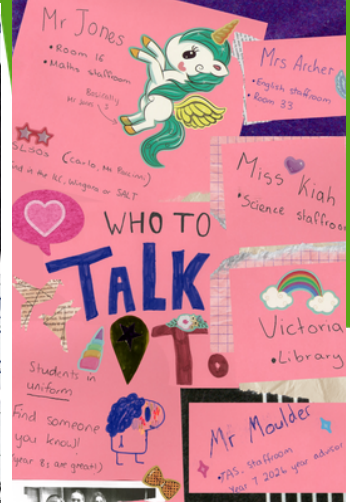
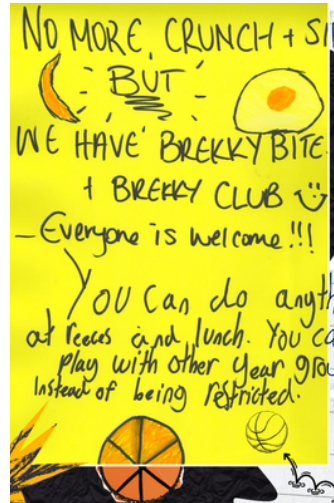
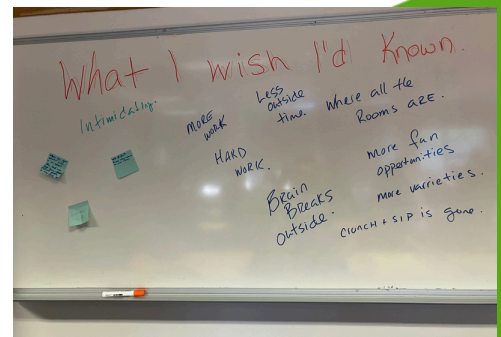
Year 7 “What I Wish I’d Known” Zine Project

In Term 4, headspace Katoomba worked with four Year 7 classes at Katoomba High School to create a special project for incoming Year 6 students. Together, we explored what it really feels like to start high school — the excitement, the nerves, the surprises — and then looked back to those early days in January, February, and even Term 4 of Year 6.

While teachers, SSOs and families do an incredible job preparing young people for the move to high school, students told us there were still things they had to figure out on their own. What did they wish someone had told them? What little tips, reassurances, or pieces of wisdom would have made the transition easier?

After sharing ideas as a class, students worked in groups to create giant Zine pages filled with advice, drawings, maps, and reflections for the next cohort of Year 7s. These pages were then reduced, scanned, and collated into a full Zine that KHS will gift to Year 6 students during their orientation this December.

One of the biggest requests from Year 7s was a clear map of the school—so the Zine now folds out to reveal one, along with a welcome message from the 2026 Year 7 Adviser and headspace.



Mind and Body Pilot – Springwood High School

headspace Katoomba worked with a Year 9 class at Springwood High School to pilot our new Mind and Body program. Across four weeks, students explored strengths, joy, mindfulness, and creating calm spaces. Early feedback has been very positive, helping us shape the program for wider rollout in 2026.

2025-12

december



Survival Day

26 January 2026 - Watch our December Newsletter for more details

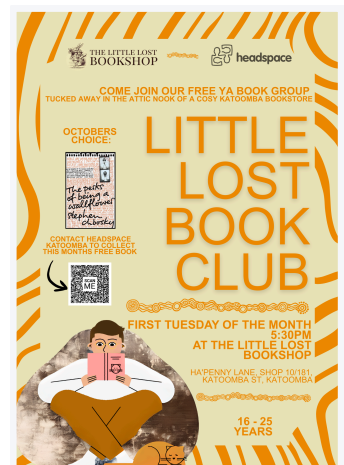
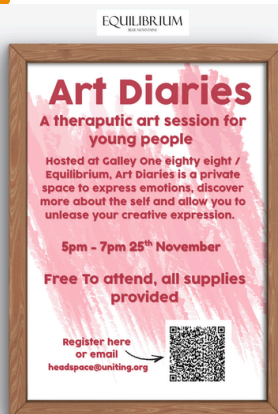
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 	1 	2	3 	16 Days of Activism		
	8 	9	10 	11	12	13 
	15 	16	17 	18	19	20 
21 	22 Summer Break	23	24	25 CLOSED	26	27
28	29	30	31	1 CLOSED	2	3

Holiday Closure Notice

headspace Katoomba will be closed from 25 December to 1 January, reopening on 2 January. Our regular weekly groups will pause from 22 December.

Keep an eye out for our January Newsletter for our full 2026 schedule.

COMING SOON





Games Group

FREE to join, snacks provided, bring a friend!



3:30PM - 5:30PM

Wed 3rd December

headspace Penrith, 606 High St Penrith



Make your own
christmas
Baubles and Snow Globes!

Xmas Karaoke & Free Festive Food!

**Wednesday
10th December
3PM - 5PM**

PRIDE
PLACE

**Breakthru,
Level 2, 291-
295 High St,
Penrith**

Free Inclusive Drop-in!
AGES 12-25





headspace
Katoomba

Tailored School Wellbeing Programs

headspace Katoomba is rolling out a series of school wellbeing workshops designed with each school to meet their unique needs.

**“Happiness Now” –
Motivation & meaning**

**“What I Wish I’d Known” –
Peer wisdom & transition**

**“Stepping Up” –
Confidence & connection**

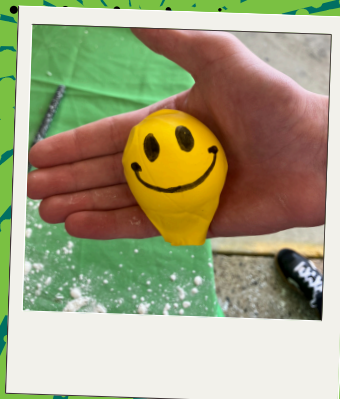
“Thriving Through the HSC” – Stress management & self-advocacy

Transitioning – year 6 to High School, Beyond the ROSA, HSC and Getting into Life

“Getting Into Life After School” – Wellbeing & independence

For more information, ask your school’s wellbeing team or contact headspace Katoomba.

HANGOUT HUB



Every Monday
3:00 - 4:30 PM
at Springwood Library

For more information, please email:
headspacekatoomba@uniting.org
or ring: 1800 478 626



come for a
walk
we'll shout you a
FREE
coffee

10 am Fridays

@ Cassiopeia

79 Lurline Street Katoomba





come for a
walk
we'll make you a
FREE
coffee
or an ice block



5 pm Mondays
@ Springwood Library
Blue Mountains Theatre And Community Hub,
104 Macquarie Rd, Springwood NSW 2777

