

Blaxland High School Workshops

We supported headspace Katoomba at Blaxland High School by presenting workshops for Year 10 students on mental health, strategies, and resources. The sessions were designed to help students build practical skills and knowledge as they transition into their senior years of high school or move into the workforce. Through interactive discussions and activities, students explored ways to manage their wellbeing and access support when needed.



Games Group



This month, we brought back our Games Group, giving young people the chance to go head-to-head in Mario Kart on the Nintendo Switch. The space was decorated for the holiday season, creating a fun and festive atmosphere, and we provided plenty of snacks to keep everyone fuelled while they raced. It was a great way to wrap up the year with some friendly competition and connection.

Work and Study Workshops

We were invited to attend Jamison High School's Transition Day, a program designed to equip Year 10 students with essential life skills such as work readiness, budgeting, and time management as they move into the next stage of their lives. Our team delivered interactive workshops on job searching, writing resumes and cover letters, and mastering interview skills. To keep things engaging, we incorporated fun activities and hands-on exercises, giving students the chance to practice their skills in a lively and supportive environment. It was a fantastic opportunity to equip students with practical tools for their future careers while keeping the sessions interactive and enjoyable.



Vocational Specialist



NAME : Katie



GOOD NEWS STORIES!

1 x young person started a business traineeship!

2 x young person started a job in Hospitality!

1 x YP got a job in Retail!

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 21ST JANUARY
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.

We Presented a Work & Study Workshop to the year 10 students at Jamison Highschool!

We asked for feedback and found that:

- 76% of students rated the workshop 4 stars or above.
- 32% said that the mock interview was their favourite activity followed by the interview red flags game, then the alphabet job game
- 76% said the workshop made them feel more ready for job hunting

Read more about our amazing workshops in headspace Penrith's primary care section

LOCAL JOB VACANCIES!

- Guest Experience Officer - Nepean River Holiday Park
- Casual Retail Assistant - Sydney Tools
- Admin Officer NBMLHD
- Casual Retail Stock Person - HOUSE Penrith
- Active Stylist - Lorna Jane Penrith
- Membership Representative - Planet Fitness Penrith

Interested? Ask the Vocational Specialists!

ACHIEVEMENTS!

- 7 YP were supported with Benefits counselling
- 3 YP supported with TAFE enrolment
- 1 YP reached their 13-week milestone in their new job
- 7 YP achieved their goals and exited the program
- Supported 5 YP with Centrelink claims
- 3 YP received business casual clothing
- 1 YP achieved increased hours at work
- 4 YP graduated year 10 or equivalent
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Pride Place wrapped up the year with a festive celebration! For our final session of 2025, young people created their own DIY snow globes using glass jars, glitter, and Christmas figurines, as well as decorating baubles with paint and plenty of creativity. We also shared Christmas-themed snacks, pulled Christmas crackers, and spent the afternoon enjoying a relaxed, joyful space together. It was a wonderful way to finish the year and celebrate our Pride Place community. It has been another great year of Pride Place, and we're looking forward to more sessions and creative activities in the new year!

Early Psychosis

A Note for Families and Carers

The holiday season can be a challenging time for young people experiencing early psychosis. Changes to routine, busy family gatherings, travel, late nights, and increased expectations can sometimes increase stress or make symptoms more noticeable.

As a family member or carer, small things can make a big difference:

- Keep routines where possible (especially sleep and meals)
- Lower pressure and expectations—rest is okay
- Listen calmly, even if what your young person shares feels confusing
- Reach out for support early rather than waiting for a crisis

You don't have to manage this on your own. The headspace Early Psychosis (hEP) team at Penrith supports families and carers too—offering guidance, education, and a space to talk through concerns.

Supporting yourself helps you support your young person.

Need support or advice?

Contact the MATT team at headspace Penrith 1800 437 242

Merry Christmas!

Merry Christmas and happy holidays from all of us at headspace Penrith and Katoomba! A huge thank you to everyone who works within our centre and alongside our team. We are also incredibly grateful to the young people and families we support, and to everyone who has connected with, contributed to, or supported our work throughout 2025. Wishing you all a restful, joyful holiday season and a bright year ahead.



opening hours

24TH DEC	9:00 AM - 5:00PM
25TH DEC	CLOSED
26TH DEC	CLOSED
27TH DEC	CLOSED/WEEKEND
28TH DEC	CLOSED/WEEKEND
29TH DEC	CLOSED
30TH DEC	CLOSED
31ST DEC	CLOSED
1ST JAN	CLOSED
2RD JAN	9:00 AM - 5:00 PM

headspace Katoomba

December 2025

What a great year it's been

Throughout 2025, headspace Katoomba ran weekly group programs across Blue Mountains high schools, local libraries, and community spaces, creating safe, welcoming places for young people to connect, unwind, and feel supported.

In December, we wrapped up the year by celebrating the young people who joined us regularly at Springwood High School Lunch Club, the Springwood Hangout Hub at Springwood Library (Mondays), and Katoomba High School Breakfast Club (Wednesday mornings). To mark the occasion, we shared some festive fun decorating Christmas cookies and baubles together.

Across the year, we were also involved in lunch clubs at Winmalee High School and Blacktown Youth College (Lawson), supported the Year 7 FriYAY Lunch Club at Blaxland High School in partnership with headspace Penrith, and ran Hangout Hubs at Katoomba, Lawson, and Blaxland libraries, as well as Walk & Sip groups in Springwood and Katoomba.

As we look ahead to 2026, we'd love to hear from young people, schools, and community partners about what groups or activities you'd like to see next. Your ideas help shape what we run and where we show up.

2026 - 01

get support

ehespace is available during the holiday closures.
Mental health online support
Create a free account, join group chats, or talk to a
qualified professional online or by phone on **1800
650 890** | <https://headspace.org.au>

january



Survival Day

Sunday 26 January 2026, 11:00 am - 4:00 pm
Katoomba North Public School,
Barton Street, Katoomba
[https://www.bmacrc.org.au/event-details-
registration/survival-day-2026](https://www.bmacrc.org.au/event-details-registration/survival-day-2026)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 CLOSED	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.			1 CLOSED	2 	3
4	5	6	7	8	9 	10
11	12	13	14	15	16 	17
18	19	20	21	22 	23 	24
25 	26	27	28	29	30 	31

Survival Day 2026

When:

Sunday 26 January 2026, 11:00 am - 4:00 pm

Where:

Katoomba North Public School,
Barton Street, Katoomba

What's on:

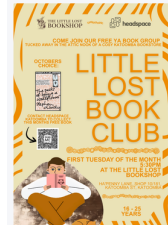
- Welcome to Country & Smoking Ceremony
- Live performances by First Nations artists
- Cultural workshops and activities

[https://www.bmacrc.org.au/event-details-
registration/survival-day-2026](https://www.bmacrc.org.au/event-details-registration/survival-day-2026)






returning in 2026

COMING SOON

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

ages 16-25
10 am Fridays

@ Cassiopeia
79 Lurline Street Katoomba



starts back
2 Jan 2026



School Holiday activity for High Schoolers!!!

**Thursday 22nd January
2pm - 4pm**



&



**FREE!!
no NDIS
needed**

**limited places- registrations essential
email hello@kndhub.com**

hosted by



in partnership with



**33 - 35 Waratah St
Katoomba**
(underneath Centrelink)