headspace Penrith Newsletter

March 2026

HARMONY WEEK



Harmony Week is an annual Australian celebration that recognises diversity, inclusiveness, and respect for all, highlighting the message that "everyone belongs."

To celebrate, the Penrith Multicultural Interagency hosted their annual Harmony Day event at the St Marys Community Centre. The event featured a range of activities including lucky draw prizes, cultural stalls, and an ethnic dress parade showcasing traditional attire from Filipino, Pasifika, Maltese, Iranian, and Afghan communities.

Attendees also enjoyed performances from Oxley Park Public School's Sri Lankan drumming group, the Nepean Multicultural Access drumming group, the Pasifika student group from Chifley College Dunheved Campus, Filipino dance performers, and more. Morning tea and lunch were provided, along with a free coffee cart to start the day.

headspace Penrith was fortunate to attend and volunteer at the event, offering a quiet space separate from the main festivities for those needing time to rest and recharge. The space included fidget toys, kinetic sand, noise-cancelling headphones, and bean bags to support comfort and wellbeing.

Overall, the event was a fantastic celebration—welcoming, inclusive, and bringing people together while showcasing the multicultural harmony within the Penrith community.



Homebase

We kicked off our first Homebase drop-in session this month! Homebase is a social drop-in group run in collaboration with Breakthru, designed to provide a safe and welcoming space for young people to meet others and build connections in their community.
At our first session, we offered snacks, comfy chairs, bean bags, music, and fidget tools to support attendees who might have felt anxious. One of our Youth Advisory Committee members hosted a game of Werewolf, a social deduction role-play game, which was great for helping young people come out of their shells.
Feedback from attendees was very positive, with one young person saying they're looking forward to coming back next month—and bringing a friend along!

Breakthru

headspace Penrith



Homebase

FREE Snacks Provided!

Looking to make new friends?

Homebase is a FREE social drop-in where you can meet new people and hang out in a chill, welcoming space.

Get to know others through games like Mafia/Werewolf and Wavelength, plus music and relaxed social activities.

You don't need to be a headspace or Breakthru client to join.

Last Friday of every Month

3:00pm - 5:00pm

headspace Penrith
606 High St, Penrith

Meet like minded people, play games, listen to music

Interested? Get in touch

E hello@breakthru.org.au

E headspacepenrith@uniting.org

P 1800 767 212

P 1800 477 626

An inclusive, youth-friendly space. Wheelchair accessible. Quiet space available.

Youth Week at City Park

Celebrate Youth Week at Penrith City Park on the 17th of April from 10am to 2pm.

Join us for a day packed with exciting games, live music that will get everyone dancing and free workshops to spark your creativity. Plus enjoy a free barbecue and delicious snack giveaways to keep you fueled for all the action.
Youth Week is an initiative of the NSW Government, held from the 16th-26th of April 2026, for people aged between 12 and 24.

The theme for NSW Youth Week 2026 is 'Dream. Dare. Do.' This theme encourages creativity and courage, inspiring young people to dream big and take real steps to make those dreams happen. Find out more about the theme on the NSW Government NSW Youth Week website.

Meet the Youth Advisory Committee



The Youth Advisory Committee (YAC) is a group of young people aged 12–25 who provide input into programs, services, and events, helping shape how headspace Penrith supports young people in the community.

Meet Jaz (they/them), who has been a YAC member for the past four years. Jaz is a consistently active member, contributing thoughtful insights in meetings and regularly attending events to support and promote the service. They joined YAC to help their peers feel heard and continue to bring that passion into everything they do. Outside of YAC, Jaz enjoys playing piano as a form of self-care.

Early Psychosis

End of term is almost here. How are you going, really?

It's been a big term. A lot has been asked of you, and that takes energy, especially when you're also managing your mental health. It's okay if you're running low right now.
For young people in our Early Psychosis Program, stress and exhaustion aren't just tiring - they can affect your sleep, your mood, and the way you're thinking. Noticing this early makes a real difference.
Some things worth checking in with yourself about:

- Sleeping differently than usual?
- Pulling away from people?
- Harder to concentrate or feeling flat?
- Thoughts that feel harder to manage?

If any of that sounds familiar, talk to your clinician before the holidays - not after.
A few things that can help right now:

- Rest without guilt. You've done a lot.
- Keep something consistent - even just a regular bedtime.
- Stay connected. Isolation makes everything heavier.

The holidays are nearly here - and that brings its own changes too. If you're heading into the break feeling shaky, let's talk before term ends.
To parents and carers, if your young person seems unlike themselves, trust that feeling and reach out

Vocational Specialist



NAME : Katie

GOOD NEWS STORIES!

2 x Jobstarts!

3 x Study starts!

2x young people reached their 13-week employment milestone

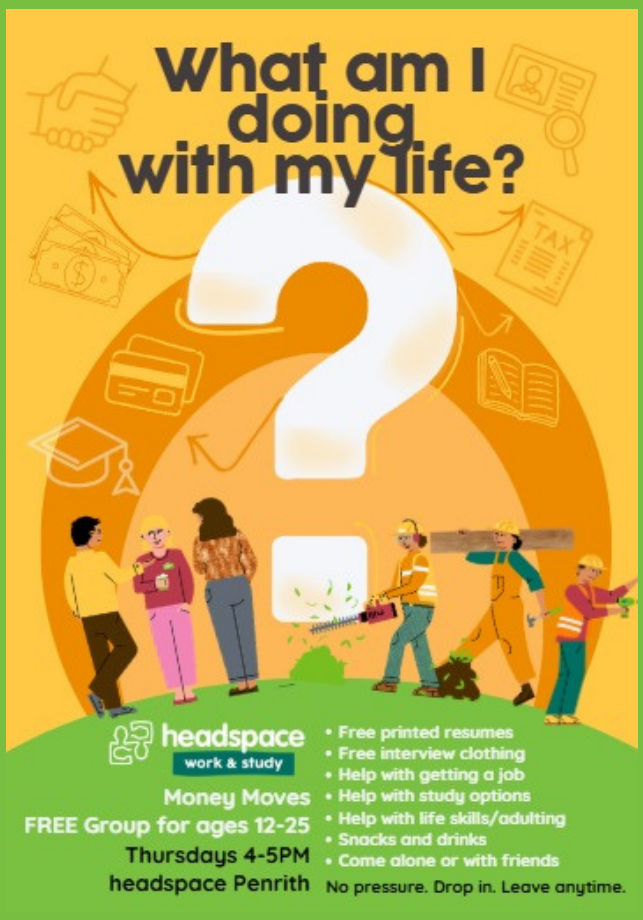
3x young people reached their 4-week employment milestone

Vocational Specialist



NAME : Caity

WHATS ON NEXT MONTH?



LOCAL JOB VACANCIES!

Apprenticeships in Carpentry, Electrician, Painting, Cabinet Maker, W indscreen fitting & Spray Painting.

Beauty Glow assistants - Atomica

Casual Sales Assistant - Academy Brand

Sales Assistant - Best & Less

Interested? Ask the Vocational Specialists!

ACHIEVEMENTS!

- 4 YP attended job interviews
- 1 YP started their own Book Club
- 1 YP started volunteering
- 1 YP is attending sewing classes
- 1 YP received a new birth certificate
- 1 YP had a video call with headspace admin staff to learn about career pathways
- 3 YP handed out resumes in community for the first time
- 1 YP was linked to housing and financial supports
- 1 YP was linked to Penrith Women's Health Centre
- 2 P were shown the Fair work Pay and conditions tool to check their award and pay rate

LAUNCH NEW W&S GROUP!

The new Work & Study Drop-in sessions have had double the usual number of attendees.

We held a steering committee meeting connecting with Nepean Tafe, Nepean Community College and Legal Aid. Collaborating on how to provide supports to young people in the community.

We created a series of social media posts engaging with YP and collaborating with hHawk!

Monthly Highlight

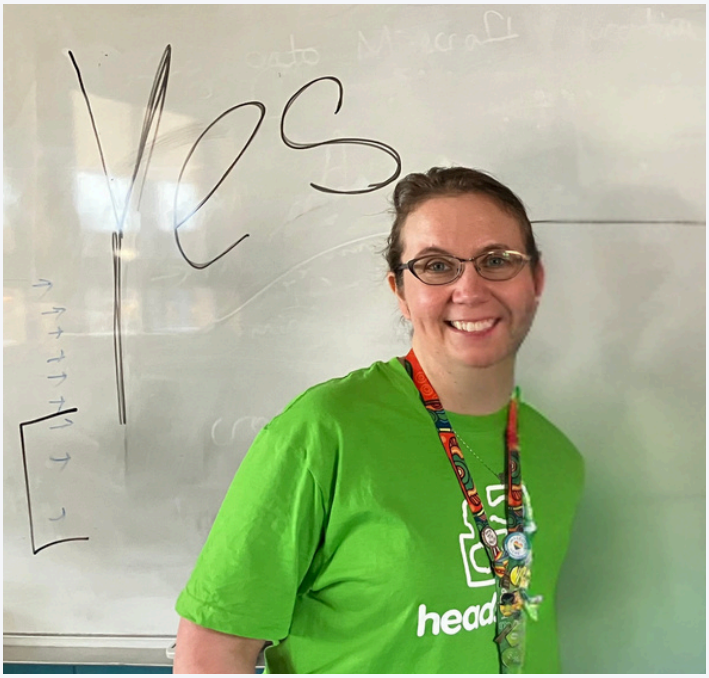
Supporting Year 7 Students to Seek Help Early

headspace Katoomba has partnered with local schools to deliver engaging Year 7 “Help Seeking” workshops, supporting students as they transition into high school. Developed in response to student feedback, the program combines practical, hands-on learning with a co-designed, school-specific zine created by students for future cohorts.

“The workshops were incredibly valuable, ...hands-on activities and ‘learning by doing’ working really well”

Katoomba High School shared positive feedback following the sessions, noting that “the workshops were incredibly valuable, and it was clear the students really benefited from them.” The school highlighted the strength of the interactive approach, with “hands-on activities and ‘learning by doing’ working really well for this age group.”

Students particularly connected with practical strategies such as box breathing to manage stress, as well as clear guidance on where and how to seek help. Staff also noted that the delivery style was “warm, approachable and genuine,” helping students feel comfortable and open to participating.



The workshops aim to build mental health literacy, normalise help-seeking early, and ensure young people know where to go for support, including within school and through services like headspace. By working alongside schools and young people, this program is helping to create a more connected and supportive environment for students as they begin high school.



Dream. Dare. Do. Youth Week

Dream. Dare. Do 💫 Youth Week 16–26 April is packed with free activities for young people across the Blue Mountains! Try new hobbies, meet friends, and explore local services — there’s something for everyone.

Youth Pizza + Board Game Night – 23 April

Join us at Katoomba Carers Hub for a free Youth Pizza + Board Game Night! Open to 12–17 year olds — enjoy pizza, drinks, and games like Giant Jenga, Uno, and Twister while connecting with other young people.

Springwood Youth Expo – 17 April

Check out the Springwood Youth Expo! Free sausage sanger + drinks, live entertainment, circus displays, and info on clubs, workshops, and services for young people. Stay for ECHO, a free live music showcase from 6:30–9pm.

Katoomba Youth Expo – 24 April

The Katoomba Youth Expo is your chance to explore local programs, creative workshops, and sports clubs. Free food, live performances, and headspace Katoomba staff on hand — come see what’s happening this Youth Week!

Get Involved!

The Youth Reference Group (YRG) empowers young people to shape headspace activities and ensure services reflect the needs of local youth and families.

Interested in joining our Youth Reference Group? Contact Jo at jmcclellandphillips@uniting.org or 0432 833 348

headspace Katoomba has partnered with

What am I doing with my life?



headspace
work & study

Money Moves
Thursdays 4-5PM
headspace Penrith
FREE Group for ages 12-25

- Free printed resumes
- Free interview clothing
- Help with getting a job
- Help with study options
- Help with life skills/adulting
- Snacks and drinks
- Come alone or with friends

No pressure. Drop in. Leave anytime.



headspace
National Youth Mental Health Foundation

caring for a young person through tough times teaches you a lot. now your insight can help other families.

if you're a parent, carer, family member or a friend of a young person who has experiences mental health challenges, YOUR VOICE MATTERS. headspace Western Sydney is inviting families and carers to join our Family & Friends Commitee - a space where lived experience helps shape better, more compassionate service delivery for young people and those who support them.

What you'll be part of

- Meet every 2 months online for 2 hours
- Share your lived experience to shape headspace services and programs
- Work alongside mental health professionals to improve care and outcomes
- Contribute to developing campaigns and initiatives that support young people and their families
- Receive training and support in areas such as mental health literacy, advocacy, and safe storytelling
- Be part of a supportive community dedicated to empowering youth and their families

How can you get involved?

Scan this QR code to find out more and apply.

We strongly encourage a diverse range of people to apply, and are looking for passion for youth mental health over anything else!

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

working as a headspace GP

headspace GPs play an important role in supporting the mental, physical and sexual health of young people aged 12–25.

headspace National Youth Mental Health Foundation helps thousands of young people every year to access vital support through our headspace centres in over 150 communities across Australia1. Each headspace centre is a youth friendly place where young people can access low cost or free help, for a range of health and wellbeing problems including mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

Designated headspace centres across Australia also offer early psychosis services for young people experiencing, or a high risk of developing, psychosis.

Having GPs onsite at headspace centres provides a safe, low-stigma entry point for young people who may be reluctant to seek help for mental health concerns. GPs work with young people around mental health, sexual health, drugs and alcohol, preventative healthcare and other physical health problems and are part of a multidisciplinary team of experienced youth healthcare experts.

Working at a headspace centre gives GPs an opportunity to:

Make a real difference in young people's lives by

- *Working as part of an innovative team.*
- *Provide holistic care across a wide range of physical, mental and sexual health issues.*
- *Be part of a supportive and multidisciplinary team.*
- *Develop confidence and specialist skills working with young people, and*
- *Receive free accredited online training courses.*

Other benefits include:

- *Focus on evidence based practice – from assessment to appropriate prescribing.*
- *Potential access to a range of supports including super vision and professional development.*
- *Modern fully computerised facilities with full reception and admin suppor t.*
- *Access to mentoring, a GP Community of Practice and secondary consultation sessions with psychiatrists, and*
- *Flexible and part time positions are available.*

[1]As at May 2022 and inclusive of licensed headspace centres, satellites and outposts

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

Discover the benefits of working as a headspace GP at headspace.org.au/gps or contact GPProgram@headspace.org.au



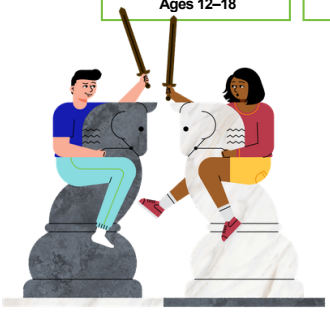
2026 - 04

april

get support

eheadspace is avaliable 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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3 Good Friday Purim | Holi Sorry we're CLOSED	4	5 Happy Easter
6 Sorry we're CLOSED	7 school holidays	8	9	10 YRC MEETING @ CARERS HUB	11	12
13	14 school holidays	15	16 YOUTH WEEK 16–26 APRIL 2026	17 YOUTH EXPO SPRINGWOOD 17 APRIL 2026 @ SPRINGWOOD COMMUNITY HUB	18	19
20	21 youth week	22	23 Youth Pizza and Board Game Night @ CARERS HUB D&D is also running with regsidered young people	24 YOUTH EXPO KATOOMBA 24 APRIL 2026 @ TIBBI WHALAN HALL	25 ANZAC DAY Lest we forget	26
27 Sorry we're CLOSED	28	29	30	1 KATOOMBA HIGH SCHOOL BREAKFAST CLUB HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	2	3
4 G.E.O.F.F. (Lunch Club) Mon (term) | Lunch Wellbeing Hub Springwood High HANGOUT HUB Mon | 3–4:30pm Springwood Library Ages 12–18	5	6	7	8	9	10



Special Days This Month

1 April: April Fools' Day
2 April: World Autism Awareness Day
3 April: Good Friday (Public Holiday)
4 April: Easter Saturday (Public Holiday)
5 April: Easter Sunday
6 April: Easter Monday (Public Holiday)
9–12 April: Orthodox Easter events
16-24 April: Youth Week
15 April: World Art Day
18 April: World Heritage Day
22 April: Earth Day.
25 April: ANZAC Day
27 April: ANZAC Day (Public Holiday Observed) - National day of remembrance

Youth Pizza and Board Game Night

CELEBRATING YOUTH WEEK



THURSDAY, 23 APRIL 2026

3:30 pm - 5 pm

7-9 Gang Gang St, Katoomba, NSW 2780

Carer Gateway
An Australian Government Initiative

wellways

headspace Katoomba



YOUTH WEEK

16–26 APRIL 2026

Dream. Dare. Do.

Check out young artists at live and local music event ECHO, find out about local clubs, groups and services at Youth Expos in Springwood and Katoomba, register for free workshops and more.

There's lots on and it's all FREE.

Learn more: **bmcc.nsw.gov.au/youth-week**

BLUE MOUNTAINS LIBRARY

BLUE MOUNTAINS THEATRE + COMMUNITY HUB

Youth Week

NSW GOVERNMENT

blue mountains City Council

headspace Katoomba

BLUE MOUNTAINS LIBRARY

present...

Hangout Hub



When: Every Monday
Where: Springwood Library
Time: 3 pm to 4:30 pm
Ages: 12 to 18

For more information, call 1800 478 626, text 0432 833 348, or email headspacekatoomba@uniting.org

headspace
Katoomba

Meet

G.E.O.F.F.

Games, Energy, Open Space, Fun & Friends



Mondays @ Lunch Time
in The Wellbeing Hub

KATOOMBA HIGH SCHOOL

BREAKFAST CLUB



START YOUR DAY GREAT

GAMES
CRAFTS
FUN

FREE

BREAKFAST PROVIDED BY THE WELLNESS TEAM

ALTERNATE FRIDAYS BEFORE SCHOOL IN THE COMMON ROOM
8:20 - 9:00 AM

headspace Katoomba

HEADSPACE.ORG.AU/HEADSPACE-CENTRES/KATOOMBA

@HEADSPACEKATOOMBA

coming soon

WEAR IT PURPLE DAY

Save the Date
Friday, 28 August 2026
3:30 pm -5:30 pm
@Tibbi Whalan Hall, Katoomba



headspace

headspacekatoomba@uniting.org