headspace Penrith Newsletter

April 2026

Youth Week at City Park

Youth Week is an annual event across Australia that champions young peoples ambitions, contributions and values in their communities. This years theme was “Dream. Dare. Do.” inspiring young people to dream big and take real steps to make those dreams happen.

To mark the occasion, Penrith City Council hosted a community event and invited service providers to run stalls and activities. The event also featured a stage where young people could perform music and share stories, providing a platform to showcase their talents.







headspace Penrith hosted a stall at the event, providing information and flyers to promote our services and connect with young people in the community. Our team also brought along activities such as giant Jenga and fidget toys, which were a big hit and helped create a relaxed, engaging space for young people to stop by, have a chat, and learn more about what we offer.

Homebase

Homebase drop-in sessions continued this month, run in collaboration with Breakthru to provide a safe and welcoming space for young people to connect and build friendships in their community.

This session had a great turnout, with young people becoming more comfortable and socialising with each other as the afternoon went on. We had snacks, comfy seating, music, and fidget tools available to support a relaxed environment. Werewolf made a return, led by one of the Breakthru team, alongside a new game, Sounds Fishy, where players try to work out the correct answer while others bluff. Materials were also available for attendees to create their own comic strips.



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.

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 Leura (she/her), who is one of our newer YAC members who joined in November of 2025. Leura joined the YAC to share her lived experiences with headspace services and advocate for youth, especially first nations youth.

Leura's favourite self-care activities are going out with friends, going to the movies or listening to music. She has also travelled to Japan 3 times and loves all things to do with Eurovision.



Early Psychosis

April is a funny time of year. ANZAC Day asks us to pause and reflect, the school holidays offer a breath of fresh air, and then Term 2 arrives - often bringing a fresh wave of pressure for young people juggling study, friendships, work, and everything in between.

For some young people, this kind of transition period can be when things start to feel a bit harder to manage. Changes in mood, thinking, sleep, or how someone is relating to the people around them can sometimes go unnoticed in the busyness of a new term - or get put down to stress, tiredness, or "just being a teenager."

The hEP team at headspace Penrith works with young people aged 12–25 who may be experiencing early signs of psychosis. We know that can sound confronting, but early psychosis often shows up quietly - as withdrawal, difficulty concentrating, unusual thoughts, or changes in perception. The earlier it's noticed and supported, the better the outcomes.

As Term 2 kicks off, it's a good time to check in - whether you're a teacher, GP, family member, or friend. Trust your gut. If something seems off with a young person in your life, you don't need to have all the answers before reaching out to us.

Young people and families can also self-refer directly. Contact the MATT team - 1800 437 242

Monthly Highlight





Youth Week Expos

headspace Katoomba was excited to be part of two vibrant Youth Week Expos across the Blue Mountains — the Springwood Youth Expo (17 April) at the Springwood Theatre Hub and the Katoomba Youth Expo (24 April) at Tibbi Whalan Hall.

These large-scale events brought together a wide range of local services, clubs, and organisations, giving young people the chance to explore what's available to them in the Mountains.

From creative opportunities to sports, volunteering, and support services, the Expos highlighted just how much is on offer locally.

Our stall was run by members of our CDC and Youth Reference Group. Young people got creative making bookmarks while connecting with the headspace team. It was a great way to start conversations, build awareness of support services, and help young people feel more confident accessing what's available to them.

Youth Pizza + Board Game Night

As part of Youth Week, headspace Katoomba hosted a Pizza + Board Game Night at the Carer Gateway Carer Hub in Katoomba (7–9 Gang Gang St) — a welcoming community space for carers and young people. The event offered a relaxed, low-pressure environment for young people aged 12–17 to connect, have fun, and feel part of a community.

With board games, pizza, and plenty of laughs, the afternoon created a simple but meaningful opportunity to bring young people together while also raising awareness of free local supports available to them in a safe, social, and accessible setting.

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

1800 478 626 | headspace.org.au/headspace-centres/katoomba/ | @headspacekatoomba

headspace Katoomba has partnered with

Vocational Specialist



NAME : Katie

APRIL HIGHLIGHTS!

1 x YP enrolled in an Art Course at Nepean Community College!

1 x YP found a job placement for their TAFE Diploma of Community Services!

6 x YP had job interviews!

1 x YP visited a local business owner to learn about their dream job

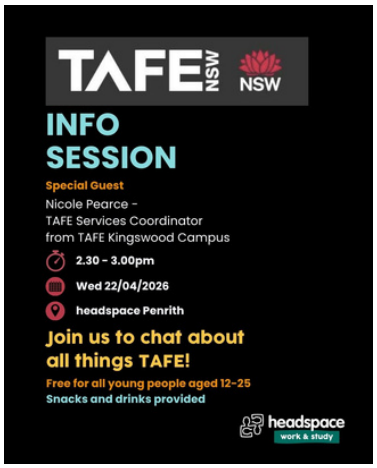
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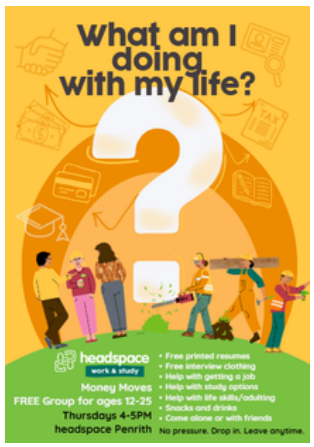


NAME : Caity









ACHIEVEMENTS!

- 1 YP was accompanied to Muru Mittigar to access financial counselling
- 1 YP was taken to Service NSW for support with Identification
- 1 YP was supported by VS advocating for them to receive fair pay from their manager at their workplace

EVENTS!

- 5 YP from the W&S caseload attended the Homebase Drop-In!
- This month we connected with the team at Blaxland High School and planned ways to collaborate to support young people with their work & study goals.
- Nicole Pearce - TAFE Services Coordinator from Kingswood Campus visited us to talk to young people about courses, enrolment and TAFE support. 3 YP attended!
- Jade Leggatt from Nepean Community College visited to share about upcoming programs and enrolment with young people. 3 YP attended!
- the VS supported headspace Penrith table at the Penrith Park Youth Week Event! 2 YAC's and 2 Clinicians also attended!

PENRITH JOBS!

- City Beach Penrith - Assistant Manager
- Casual Cleaner - Christ Mission Possible
- Retail Team Member - JB HiFi
- Receptionist - Penrith Foot & Ankle Podiatry Clinic
- Waitstaff - CJ's Crab Shack & Grill

Interested? Ask the Vocational Specialists!

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

2026 - 05

may

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	29	30	1	2	3
4	5	6	7	8 	9	10
11 	12	13	14	15	16	17 
18 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	19	20	21	22	23	24
25 	26	27	28	29 	30	31
1 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	2	3	4	5	6	7

THE INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIPHOBIA AND TRANSPHOBIA, KNOWN AS IDAHOT, IS OBSERVED ANNUALLY ON 17 MAY.
THIS YEAR'S BLUE MOUNTAINS EVENT WILL FEATURE KEY SPEAKERS JONATHAN LLEWELLYN, CONVENOR OF PINK MOUNTAINS YOUTH, AND 2019 BLUE MOUNTAINS YOUNG CITIZEN OF THE YEAR ADISEN WRIGHT.
THERE WILL ALSO BE A RAINBOW FLAG RAISING, PHOTO DISPLAY, PHOTO BOOTH AND MORNING TEA.
WE SUPPORT A DIVERSE, HEALTHY AND INCLUSIVE CITY.
JOIN THE CELEBRATION ON MONDAY 17 MAY, 10-11.30AM AT PEACE PARK, 2 CIVIC PLACE, KATOOMBA.

HEADSPACE.ORG.AU/HEADSPACE-CENTRES/KATOOMBA

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