headspace Penrith Newsletter

May 2026

National Volunteer Week



National Volunteer Week is Australia's annual celebration of volunteering and recognises the important contributions volunteers make within communities and organisations. At headspace, volunteers play an essential role in shaping the work we do and supporting young people, families, and communities.

At headspace, our Youth Advisory Committee (YAC) and Family and Friends Committee (FAFC) help provide valuable feedback on programs, events, and service delivery to ensure our services remain inclusive, supportive, and relevant to the community.

To thank our volunteers during National Volunteer Week, we organised a complimentary bowling session at Archie Brothers in Penrith. Funlab generously offers complimentary sessions for headspace teams, giving us the opportunity to celebrate and recognise the contributions of our volunteers in a fun and social setting. We were joined by members of the Family and Friends Committees and Youth Advisory Committees from headspace Mount Druitt, and headspace Katoomba.

Pride Month

June is Pride Month, a time to celebrate the LGBTQIA+ community, recognise diversity, and promote inclusion and belonging. To celebrate, headspace Penrith will be hosting a special Pride Month event on Tuesday 10 June from 3–5PM. Young people can enjoy badge making, bracelet making, nail painting, free food, and the opportunity to connect with others in a welcoming and inclusive space. The event is free to attend, young people do not need to be headspace clients, and friends are welcome to come along.

The event will also mark the relaunch of Pride Place, our inclusive drop-in group for LGBTQIA+ young people and allies. Attendees will have the opportunity to participate in a short Q&A to help shape future Pride Place sessions, including activities, topics, and preferred meeting times.

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Early Psychosis

Winter in Penrith can be tough. The cold, shorter days, and less time outdoors can affect all of us - low mood, disrupted sleep, and withdrawing from others are common this time of year. Small things help: staying connected, keeping some routine, getting outside when the sun is out, and checking in on the people around you.

But sometimes what feels like a winter low goes a little deeper. If you're noticing a young person in your life becoming more withdrawn than usual, struggling to think clearly, or seeming disconnected from reality - it's worth paying attention to. These can be early signs of psychosis, and the earlier they're picked up, the better the outcomes.

The hEP team at headspace Penrith is here for young people aged 12-25 across the Penrith LGA, and for the families and providers around them. Reach out anytime. Contact the MATT team - 1800 437 242



headspace
Penrith

PRIDE MONTH

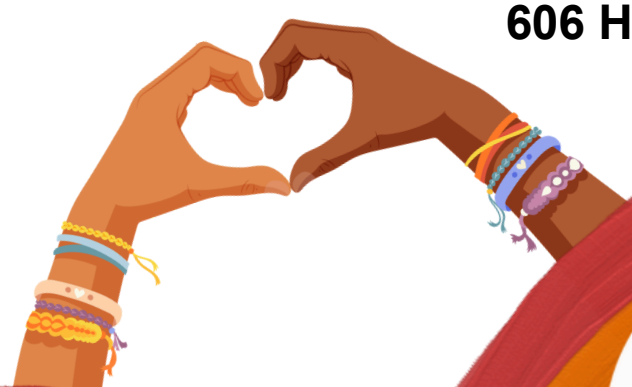
CELEBRATION

Nail polish / Badge making / Bracelet making

WEDNESDAY 10TH JUNE

3 pm - 5 pm

606 High St, Penrith NSW





PRIDE PLACE

Relaunch of Pride Place!

Breakthru

headspace Penrith



Homebase

FREE Snacks Provided!

Looking to make new friends?

Homebase is a FREE social drop-in for ages 12-17, 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 Tara (she/her), who has been a member of the YAC for almost 3 years now. TShe is currently studying Psychology at university, making her involvement with headspace a great fit with her passion for mental health and supporting others.

Tara is an avid plant lover with over 100 plants, enjoys musical theatre, and likes to crochet in her spare time as a way to unwind and practice self-care.

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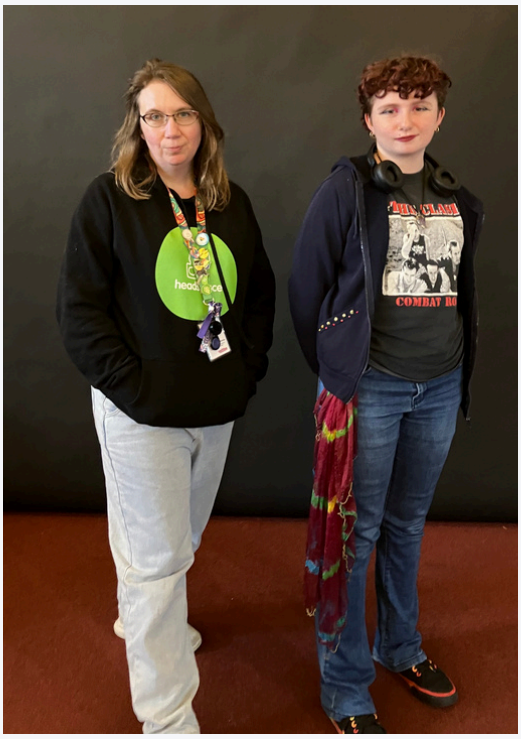
Monthly Highlight

IDAHOBIT Community Celebration

IDAHOBIT Day was a vibrant and meaningful community event, and headspace was proud to be part of it. Our stall became a welcoming, creative hub for young people and families, filled with colour, connection, and positivity.

A standout on the day was one of our Youth Advisory Committee (YAC) member, June, who played a key role in bringing the space to life. They supported the laminator's operation and helped young people create personalised bookmarks, complete with tassels and affirmations. These could be taken home or added to our "tree" display, creating a growing collection of positive, inclusive messages from the community.

The activity created a natural space for conversation, with young people pausing to reflect, create, and share messages of support and identity. It was especially powerful to see a mix of ages engaging so openly—many taking pride in contributing their own affirmations and artwork.



headspace Katoomba Community Development Coordinator, Jo, and YAC member June at the photobooth at IDAHOBIT

Across the day, the table remained busy, with lots of engagement through hands-on activities and informal conversations. The combination of creativity, visibility, and youth leadership helped create a space that felt safe, inclusive, and genuinely welcoming for all.



Springwood Lunch Club AKA G.E.O.F.F.

A fun, creative space where young people connected through games, badge-making, and art. Lots of great ideas shared—especially around inclusive designs and self-expression.



Springwood Help Seeking Workshops

Interactive Year 7 workshops focused on coping, stress, and help-seeking. Strong engagement across sessions, with growing confidence and participation from students.



Hangout Hub @ Springwood Library

A relaxed after-school space for drawing, games, and connection. Young people even created their own Snakes and Ladders game—showing the power of youth-led fun!

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

MAY HIGHLIGHTS!

3 x Study Starts

1 x Job Start

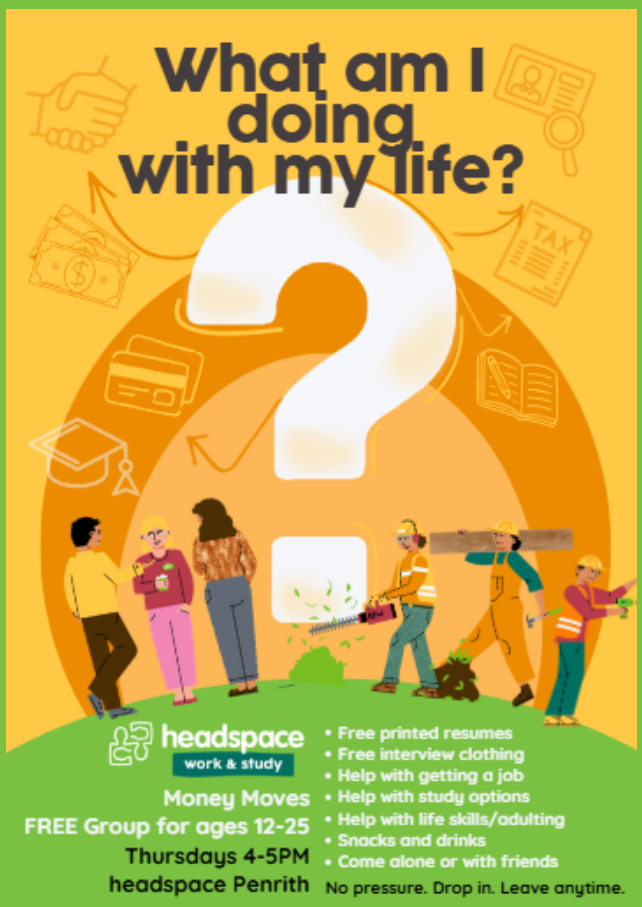
2 x YP reached 13-week employment milestone!

Vocational Specialist



NAME : Caity

WHATS ON NEXT MONTH?



ACHIEVEMENTS!

- YP received a WWCC
- YP got a new Birth Certificate
- YP had a tour of NCC prior to course starting
- YP had 1:1 info session at NCC
- 4 x YP at Work & Study Drop-In!
- 1 x YP excited to become an Acute Care Nurse sooner than they thought!
- 1 x YP enrolled into Cert III Health Services
- 1 x YP enrolled into Cert III Fitness
- 2 YP gained industry insights at Museum of Fire & a Tattoo Studio!
- 1 x YP had 2 job interviews in 1 week!
- VS's utilised FairWork website, Thread together services, Centrelink, Western Sydney Legal Centre services & Services NSW to help support YP!

PENRITH JOBS!

- Nespresso - Manager & 4x Casuals
- Cinnabon - Allrounder/Baker
- RSEA Safety - Retail/Embroidery Assistant
- Bunnings - Customer Service Member
- Messina - FOH Team leader
- Motiv8Sports - Sports Coach
- Second Bite - Warehouse Assistant

Interested? Ask the Vocational Specialists!

EVENTS!

- Tafe Enrolments opened in May!
- Great participation of W&S YP in the Homebase Group Drop-In Session last Friday!
- W&S Money Moves Drop-In Sessions seeing positive and reaccuring attendance!

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!

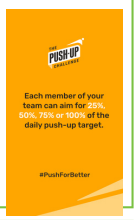
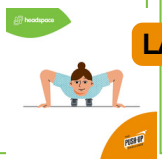
headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

2026 - 06

june

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
1 	2	3 	4 	5 	6	7
8 	9	10	11 	12 KATOOMBA HIGH SCHOOL BREAKFAST CLUB  HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	13	14
15 	16	17 KEEP GOING 	18	19	20	21
22 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	23	24	25  LAST DAY OF THE PUSH UP CHALLENGE	26	27	28
29 	30	1	2	3 KATOOMBA HIGH SCHOOL BREAKFAST CLUB  HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	4	5 NAIDOC WEEK OPENING COMMUNITY EVENT BLUE MOUNTAINS THEATRE & COMMUNITY HUB, SPRINGWOOD
6 NAIDOC WEEK FLAG RAISING CARRINGTON PLACE, KATOOMBA	7	8 YOUTH EVENT IN SPRINGWOOD	9	10 SCHOOL HOLIDAYS	11	12

NAIDOC Week exhibition--Monday 6 to 12 July--Blue Mountains Cultural Centre
headspace Katoomba will be travelling over with a group of young people, and we'll have a bit of a yarn afterwards over coffee. Watch our socials for more details.

Wednesday 8 July — Springwood Hub is organising a free community event, including free food, live music, and craft activities. It will be open to all of community, including children, families, and youth. Watch our socials for more details.

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

Runs during school terms, excluding Public Holidays.
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