headspace Penrith Newsletter

June 2026

Pride Month Celebration

Pride Month is celebrated each June and is an opportunity to recognise and celebrate the LGBTQIA+ community, while promoting inclusion, acceptance, and equality. It is also a time to acknowledge the history, achievements, and ongoing advocacy of LGBTQIA+ people.

To celebrate Pride Month, headspace Penrith hosted a special Pride event and relaunched Pride Place, our inclusive drop-in space for LGBTQIA+ young people and their allies. Young people enjoyed an afternoon of badge making, friendship bracelet making, nail polish, music, games, and free snacks. The event provided a welcoming and supportive environment where attendees could connect with others, celebrate Pride, and express themselves creatively.









As part of the event, young people were invited to share their ideas and feedback about what they would like from future Pride Place sessions. Their input on activities, meeting times, and what helps create a safe and welcoming space will help guide the group moving forward.

Following its relaunch, Pride Place will continue as a free monthly drop-in group for LGBTQIA+ young people aged 16-25. The group aims to provide a safe, inclusive, and affirming space where young people can connect with peers, take part in fun activities, access support, and build a sense of community.

headspace Forum

The headspace Penrith team was fortunate to send a group of staff, including clinicians, members of our Work and Study team, and a representative from the Youth Advisory Committee, to the biennial headspace Forum 2026. The Forum brings together young people and headspace staff from across Australia to connect, share ideas and learn from one another to strengthen youth mental health services. This year's theme, Growing Together, celebrated collaboration, innovation and the importance of working together to improve outcomes for young people through keynote presentations, panel discussions, workshops and networking opportunities.





As part of the Forum, each headspace centre created a showcase board based on the theme, Growing Together. headspace Penrith's display took the form of a beanstalk, with each pod representing one of the teams at our centre. The board showcased the range of services available at headspace Penrith and how our teams work together to support young people from their first appointment through to achieving their goals.





The Forum also brought exciting recognition for headspace Penrith, with our Work and Study team receiving the IPS Award for Excellence in Innovative Practice. This national award celebrates the team's creativity, dedication and commitment to supporting young people to achieve their education and employment goals.

The Forum was a valuable opportunity to learn from colleagues across the country, celebrate achievements, and return with new ideas that will continue to strengthen the support we provide to young people in our community.

Mission Aus Mothers Group

Mission Australia invited headspace Penrith to attend its Young Mums Group this month for a session focused on self-care and mental wellbeing. Two members of the headspace Penrith team facilitated an informal discussion about the importance of looking after your own mental health while navigating parenthood.

The session encouraged participants to reflect on the self-care strategies they already use, recognise the positive ways they support their own wellbeing, and explore practical ideas for maintaining their mental health while caring for others.

Connecting Carers

Uniting Family and Carers recently hosted an event at Penrith Panthers, bringing together carers and local service providers to strengthen connections and share support.

The day included presentations from carers with lived experience and professionals working alongside carers, highlighting common challenges, available resources, and strategies for support. Group discussions explored the important role of carers and how services and communities can better support them.

headspace Penrith was one of the local organisations with an information stall, providing resources and connecting attendees with local mental health services.



Early Psychosis

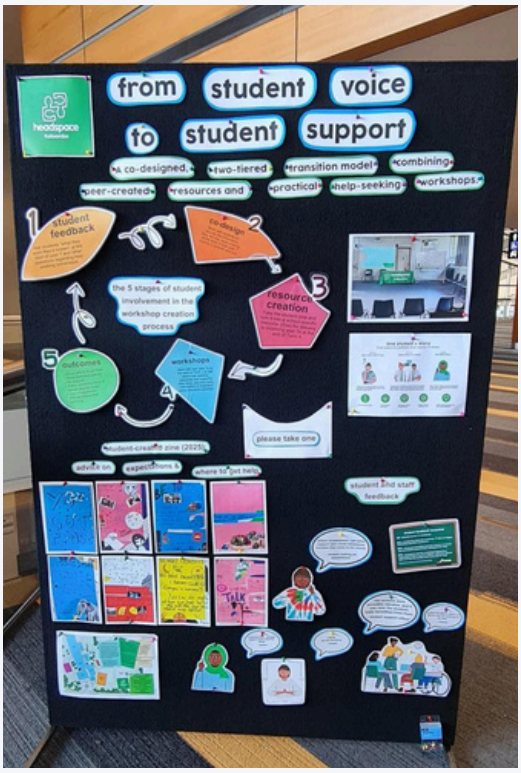
June marks the halfway point of the year, and for many young people across the Penrith LGA it's one of the most pressured times - mid-year exams, HSC trials on the horizon, and the weight of expectations building. Some stress at this time is normal. But if a young person seems to be struggling beyond typical exam nerves - finding it hard to concentrate, expressing thoughts that seem unusual or disorganised, or withdrawing from everyone around them - it's worth taking seriously.

Early intervention in psychosis makes a significant difference. When support is accessed early, young people have better outcomes - in their mental health, their relationships, and their ability to stay connected to study, work, and the things that matter to them. Waiting to see if things improve on their own can mean missing a critical window.

The hEP team at headspace Penrith works with young people aged 12-25 and the people around them. If you're concerned about a young person - whether you're a parent, teacher, GP, or friend - reach out. You don't need to be certain before you call. Contact the MATT team - 1800 437 242

Monthly Highlight

at headspace FORUM in BRISBANE



Our Board showing off the Zines created by the Katoomba High 2030 class for the class of 2031.

hKAT members recently attended headspace FORUM 2026 in Brisbane, connecting with young people, families and headspace representatives from across Australia.

The event featured a powerful Welcome to Country, inspiring performances from young artists, and presentations from headspace CEO Jason Trethowan and Health Minister Mark Butler, highlighting the importance of youth mental health and the continued growth of headspace services.

hKAT was proud to showcase its Year 7 Transition Zine, co-designed with students from Katoomba High School to support wellbeing, help-seeking and a positive start to high school.

A highlight of the Forum was a panel discussion on the experiences of young men, which explored mental health, connection and the importance of creating safe spaces for honest conversations.

The Forum provided valuable opportunities to learn, share ideas and strengthen our commitment to ensuring young people have a genuine voice in shaping the supports and services available to them.



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.



Katoomba High Breakfast Club

headspace has a pop-up table at Katoomba High during Breakfast Club which is offered by the High School's Wellness Team.



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

headspace Penrith

PRIDE PLACE

FREE craft, games & snacks

Free inclusive drop-in





Wednesday 15th July
3PM - 5PM

headspace Penrith, 606 High St Penrith

For ages 16+. Don't have to be a headspace client to join!

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.

Vocational Specialist



NAME : Katie

JUNE HIGHLIGHTS!

2 x YP completed courses in Music
1 x YP got a full time job!
2 x YP have acheived volunteer placements!
2 YP reached their 6 months Milestone in their jobs!
x 7 New study enrolments for next term!

Vocational Specialist



NAME : Caity

WHATS ON NEXT MONTH?



ACHIEVEMENTS!

The Work & Study team attended the Work & Study Learning Collab and headspace Forum - Our Team are proud to have won the award for Innovative Practice!

Quoting from the submission:

"The tools they developed - such as the referral flowchart, tailored learning aids, and job-seeking workshops – have created lasting benefits by improving service access, strengthening inclusive practices, and building confidence and skills in young people. Their work continues to positively impact staff, employers, and the broader community"

PENRITH JOBS!

- Sales Associate - Ringers Western
- Junior Admin - Exact Technologies
- Cert 3 Traineeship - WSU Early Learning
- Casual Sales - Spendless Shoes
- Late Shift - Hungry Jacks
- Reject Shop - Casual - South Penrith
- Casual Retail Assistant - House
- School Based Traineeship - Irrigation & Pools - South Penrith

Interested? Ask the Vocational Specialists!

EVENTS!

- **The VS's attended the Western Sydney Careers Expo and gathered info on upcoming opportunities!**
- **White Card and First Aid courses are coming up 13th - 15th July at NCC!**
- **A collaboration with PCYC is coming – watch this space!**
- **The Money Moves group had two new participants**

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.



Walk with us—share your story, shape our future.

Join the headspace Family & Friends Advisory Committee.

1 hour per month - online meeting only

payment for your time

can fit with work and life commitments

What does the Family & Friends Advisory Committee do:

- Share their experiences to shape headspace services
- Identify ‘pain points’ that can make services difficult for families to access
- Co-design initiatives that use their lived experience to help families and carers
- Help headspace services ‘get it right’ for families and carers

Are you a parent, carer, family member or friend of a young person who has experienced mental health challenges? We'd love you on our Family & Friends Advisory Committee, covering Parramatta, Mount Druitt, Penrith, Katoomba and Hawkesbury.

The headspace Family & Friends Advisory Committee encourages members from all communities, identiities and backgrounds to join.

Find out more

Use the QR Code to apply or ask a question via email or phone

✉ **headspacepenrith@uniting.org** ☎ **1800 477 626**

headspace Western Sydney | headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

2026 - 07

july

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

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