headspace Penrith Newsletter

July 2026

NAIDOC Week is a time to celebrate and recognise the history, culture, achievements and contributions of Aboriginal and Torres Strait Islander peoples, while acknowledging the strength and resilience of First Nations communities. This year marked 50 years of Deadly and was a celebration and tribute to those who have built this movement and the communities who keep showing up each year.

Community Junction NAIDOC

Community Junction hosted a NAIDOC Week community event featuring a Welcome to Country, traditional dance performances, storytelling, community artwork, arts and crafts, a reptile show and a free BBQ. A highlight of the day was the cultural performances, where dancers invited young people from the crowd to join in and shared the stories and significance behind the dances and the didgeridoo, creating a meaningful opportunity for learning and connection.





headspace Penrith attended as a stallholder, providing information and resources about our services to young people and families. Our giant Jenga game was a hit with younger attendees, creating a fun and relaxed way to engage with families and connect with other local service providers. It was a fantastic opportunity to celebrate NAIDOC Week while strengthening community relationships and raising awareness of the supports available through headspace.

Penrith Council NAIDOC

Penrith City Council's annual NAIDOC Week celebration at Jamison Park brought the community together for a day of cultural performances, workshops, guest speakers, artisan and community service provider stalls, a Caring for Country corridor, sporting activities, and a free community BBQ. The event provided an opportunity for community members to access local services, participate in activities, and celebrate NAIDOC Week.









headspace Penrith attended the event as a stallholder, providing information and resources about our services alongside bookmark decorating with yarn tassels, bracelet making, and a quiet chill-out space with bean bags. The activities were a hit with young attendees, creating a great opportunity to connect with young people and families and start conversations about headspace and NAIDOC Week.

Representatives from our Primary Care team, Work and Study program and Youth Advisory Committee volunteered throughout the day. It was also a great opportunity to enjoy the cultural performances, explore the artisan stalls and connect with other local services.

Chifley College Dunheved NAIDOC



headspace Penrith attended the school's NAIDOC Week celebration, a full-day event for students that celebrated this year's NAIDOC Week theme through a range of activities across the school. Our team joined the lunchtime celebrations and spent the afternoon alongside a few other community services and activities.

Our team hosted a stall, with bracelet making and giant Jenga proving popular with students. We were also supported by one of our Youth Advisory Committee (YAC) members, who volunteered their time to assist at the stall and engage with young people throughout the event. It was a great opportunity to connect with students, promote headspace services, and celebrate NAIDOC Week alongside the school community.

Employment & Education Explorer

headspace Penrith and Mount Druitt attended and held a stall at an employment and education event in St Mary's targeted towards migrants and refugee people in the community.

Attendees participated in an interactive activity where they worked in groups to explore different scenarios relating to employment, housing, social connection and mental health. Groups worked together to identify which services could support each scenario by engaging with the organisations attending the event. Each group then presented their learnings back to the wider group, highlighting the different supports available within the community.



Monthly Highlight

Celebrating NAIDOC Week with Community

During NAIDOC Week, the headspace Mount Isa team was proud to join the community for the NAIDOC Flag Raising Ceremony. Despite the rain, the event was a meaningful celebration. As the ceremony unfolded, the sky opened above us, creating a memorable backdrop that reflected the strength, resilience, and spirit celebrated throughout the week.

Following the ceremony, several team members attended the morning tea hosted by Mount Isa City Council. It provided a valuable opportunity to connect with community members, partners, and local organisations while celebrating NAIDOC Week together.

Later in the week, members of the headspace Youth Advisory Committee (YAC) visited the Open Art Gallery to experience its interactive exhibition. The group enjoyed exploring the artworks, engaging in thoughtful conversations, and connecting in a creative and welcoming space. The visit highlighted the power of art to inspire curiosity, encourage reflection, and strengthen community connections.



Some of the headspace Katoomba team attending the NAIDOC Week Flag Raising Ceremony at The Carrington in Katoomba, celebrating culture, community, and connection.

NAIDOC Week provided valuable opportunities to celebrate First Nations cultures, build relationships, and reflect on the importance of listening, learning, and walking together.



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

Vocational Specialist



NAME : Katie

JULY HIGHLIGHTS!

4 x YP have started their TAFE course!
3 x YP started courses at Nepean Community College!
5 x YP achieved white card/ first aid!
4 x YP got a new job!
1 x YP reached their 4 week milestone in employment

Vocational Specialist

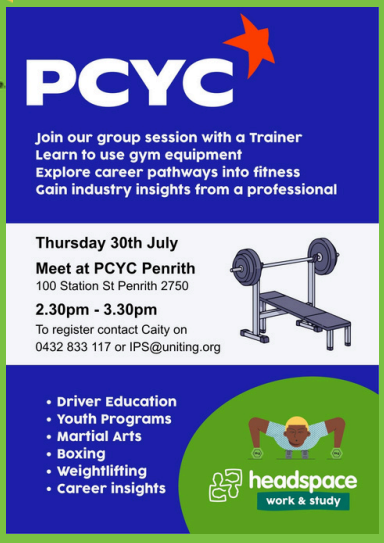


NAME : Caity















ACHIEVEMENTS!

Riiiinngg!! There rings the school bell! Our participants are either back or newly enrolled in school, university or short courses. We're helping young people gain confidence around independent transport to and from schools.

This Month the VS's have begus referring YP to headspace Career Mentoring

<u>This Month we supported YP offsite at:</u>

- Muru Mittigar
- TAFE
- Dress For Success
- Service NSW
- Centrelink
- Potential Employers

PENRITH JOBS!

- Holiday Casuals - Kmart, Pandora, Bunnings, Bed Bath 'n' Table & Anaconda
- Retail Team Members at - Supercheap Auto, Universal Store, Rebel, Sweet Surprises, The Body Shop & Lorna Jane
- Production Team Member - Krispy Kreme
- Casual Medical Receptionist - Astley Medical Centre

(All jobs found at Indeed.com)

Interested? Ask the Vocational Specialists!

EVENTS!

- **5 YP participated in getting First Aid/White Card Qualified at Nepean Community College!**
- **3 YP joined us to visit PCYC, tour the facilitites and learn about programs!**
- **The Money Moves group assisted 2 YP to create their first ever resume and cover letters!**

headspace Penrith

PRIDE PLACE

FREE art, games & snacks

Free inclusive drop-in





Second Wednesday of every month
3PM - 5PM

headspace Penrith, 606 High St Penrith

For ages 16-25. Don't have to be a headspace client to join!

cultural canvas chats
by headspace western sydney

headspace Mount Druitt

connect over chai/boba, snacks & chats!

chai conversations

Paint, Sip & chat! for all multicultural young people aged 12-25

🗓️ Last Wednesday of every month, 3pm - 5pm
📍 headspace Mount Druitt, 55 North Parade

Just drop in, no bookings, and you don't need to be a headspace client to come along!



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.

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 - 08

august

Wear It Purple Day at Tibbi Whalan Hall in Katoomba
ages 12 - 25
Fri. 28 Aug. 2026
3:30 - 5:30 pm



Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30 YAC Meeting	31	1	2
3	4	5	6  Joining MYST with Flinn on Radio Blue Mountains (89.1 FM), airing every Thursday from 2:00 PM to 4:00 PM	7	8	9
10 	11  headspace Joins SAAGA at Springwood High	12  KATOOMBA HIGH SCHOOL BREAKFAST CLUB HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	13 WEAR IT PURPLE DAY Katoomba Street BINGO Begins	14 LAST DAY to get your art i for the Wear It Purple gallery dispaly. 	15	16
17 	18	19	20	21	22	23
24 	25	26  KATOOMBA HIGH SCHOOL BREAKFAST CLUB HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	27 Wear It Purple Art Show projected onto the wall outside Tibbi Whalan Hall	28  WEAR IT PURPLE DAY ages 12 - 25 Fri. 28 Aug. 2026 3:30 - 5:30 pm COLOURS OF COURAGE at Tibbi Whalan Hall, Katoomba	29	30
31 	1 Carer Gateway | wellways YAC Social at Wellways Carers Gateway Hub in Katoomba	2  Workshops at Springwood High School	3	4	5	6

WEAR IT PURPLE

Find out More

Wear It Purple is a FREE EVENT & BBQ
live music
LGBTQIA+ guest panel
art show
fashion catwalk
free photobooth
make your own show bags & more

Create artwork for our Wear It Purple Day 2026 community display!

Complete your Katoomba Street Bing Card for prizes.

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

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

WEAR IT PURPLE

Find out More

headspace Katoomba

WEAR IT PURPLE DAY

FREE EVENT & BBQ
live music
LGBTQIA+ guest panel
art show
fashion catwalk
free photobooth
make your own
show bags & more



ages 12 - 25
Fri. 28 Aug. 2026
3:30 - 5:30 pm

at Tibbi Whalan Hall, Katoomba

Our Community Partners:

blue mountains City Council
BLUE MOUNTAINS LIBRARY
Rotary District 9685
Carer Gateway An Australian Government Initiative
wellways
myst mountains youth services team
Greater Western Aboriginal Health Service
PICK 'N' MIX
BELONG BLUE MOUNTAINS COMMUNITY AND NEIGHBOURHOOD SERVICES
Platform Youth Services
MOOS
blue mountains safe space for suicide prevention
BLUE MOUNTAINS WOMEN'S HEALTH & RESOURCE CENTRE
Springwood Neighbourhood Centre Co-operative Ltd