headspace Penrith Newsletter

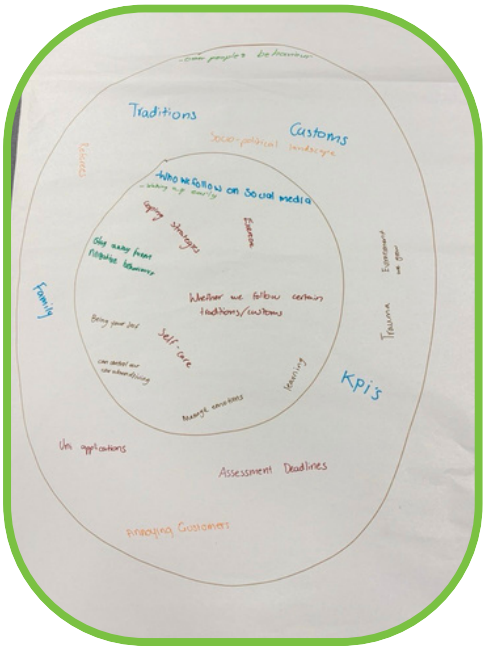
August 2026

South Sudanese Workshops

headspace Penrith partnered with Penrith City Council, Uniting Circle Multicultural Services, Nepean Blue Mountains PHN, Sudanese Youth Rising and South Sudanese community leaders to deliver four workshops for young South Sudanese people aged 15–25. Each session included a one-hour headspace workshop followed by creative activities, with slam poetry in Weeks 1–2 and art in Weeks 3–4. The program focused on building mental health literacy, wellbeing and help-seeking confidence, while strengthening cultural identity, resilience, belonging and community connection.



In Week 1, the young people explored identity and personal strengths, reflecting on the people, places, cultures, values and experiences that have shaped who they are. They created their own Identity Tree, using words, symbols or drawings to represent different parts of themselves. The roots explored where they come from, including family, culture and traditions, while the trunk represented their values and things that keep them strong and grounded. The branches highlighted their strengths and talents, the leaves represented people and places where they feel connected and supported, and the fruit captured their dreams and goals for the future.



Week 2 we focussed on self-care with different activities where young people could build their own self-care kits with stress ball making, tote bag deocrating, slime making and colouring in.

In Week 3, young people were given service cards and scenarios, matching each scenario with the most suitable support service. The activity reinforced that these services are there to help, and that reaching out can connect them with the right support or referral when needed.

For the final week, the young people explored the Circle of Control, reflecting on some of the things in their lives that can contribute to stress, including cultural expectations and traditions, family responsibilities and expectations, and pressures around work and study. They then explored what is within their control, including how they respond to these stressors, the choices they make, and the strategies they can use to support their wellbeing.

Kimberwalli IAHA workshop

The headspace Penrith and Mount Druitt Work & Study team delivered a workshop for Year 11 students participating in the Indigenous Allied Health Australia (IAHA) Youth Academy at Kimberwalli. This program supports young people in exploring pathways into allied health careers.

The workshop began with a focus on mental health and stress management, using a range of interactive activities to explore practical strategies for managing stress and looking after wellbeing. After lunch, students explored study techniques and strategies for managing their workload, as well as how to access support through their existing networks and services such as headspace.



Nirimba TAFE

headspace Penrith partnered with headspace Hawkesbury to attend TAFE Nirimba's Welcome to Semester 2 event, connecting with students and raising awareness of the support services available to them.

Students could visit our table, have a spin of the prize wheel, and grab some free headspace merch and chocolates! The event also brought together a range of local services, with a free BBQ and coffee available to welcome students back for Semester 2.

It was a great opportunity to connect with students, introduce them to available supports and let them know that help is available for a range of different needs.



Monthly Highlight

Wear It Purple

Our Youth Advisory Committee (YAC) Wear It Purple Working Group put on an exceptional event this year.

The theme was Colours of Courage, and YAC members briefed services, prepared for the event, and took on roles such as working in the kitchen, at the welcome table, facilitating make-your-own showbags, being our “Masters of Courage,” and serving as the official photographer.

A young local Darug woman opened the event with a beautiful Welcome to Country.

The event was held at Tibbi Whalan Hall, Katoomba on Friday 28 August. Approximately 150 people attended the event, including young people, carers, community members, 13 service providers, three panellists, seven youth performers, volunteers and guests.

The overwhelming majority of respondents to our feedback forms selected either**"Heaps" or "Loved It"** when asked how much they enjoyed the event, with no responses below “ok.”



The Wear It Purple Working Group, part of the hKat YAC, and Jo, the CDC

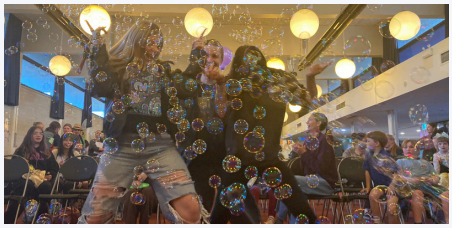
Responses indicate an estimated average satisfaction rating of approximately 4.7-4.9 out of 5. 64 respondents of our feedback forms specifically indicated that the event helped them feel a sense of belonging and connection within the LGBTQIA+ community and the broader Blue Mountains community. The remainder left that portion blank.

26 local businesses and organisations contributed over $1,300 in prizes, donations and event support.



Panel: “The Courage to Belong”

Facilitated by hKat Team Leader Kelley Hulm, The Courage to Belong panel featured Creative Arts Therapist and youth worker Callie Andrews, community organiser Alex Trezona, as well as local business owner and ally Angus Olsen (from left to right).



Young People Celebrated on our Rainbow Walk

Facilitated by one of our service partners, the Mountains Youth Services Team (MYST), young people danced down the rainbow walk surrounded by bubbles.



Seven Local Young People Performered

Seven young soloists and groups performed across the event, playing covers and original songs. Performers included young people both in and post-high school, as well as an acoustic set from members of local band, Club Halifax (pictured above).

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 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.

Vocational Specialist



NAME : Katie

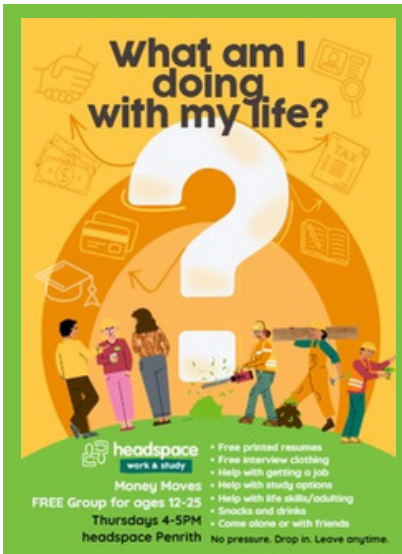
AUGUST HIGHLIGHTS!

3x YP startedinanewjob!
3 x YP got new interview clothing!
6 x YP exited the program with needs met!
1 x YP got their P Drivers Licence!
1 x YP started their own Radio Show which went Live on Sunday!

Vocational Specialist



NAME : Caity



NEPEAN COMMUNITY COLLEGE

TAFE NSW

DRESS FOR SUCCESS

MURU MITTIGAR PATHWAY TO FRIENDS

YES YOUTH EMPLOYMENT SERVICES

Service NSW

centrelink

THREAD TOGETHER CLOTHING COMMUNITIES

ACHIEVEMENTS!

- We held our Steering Committee Meeting last week we had a member join from Legal Aid, Youth Enhanced Support Service, Nepean Community College and Youth Employment Services.
- 2 YP presented at our Steering Committee Meeting last week, sharing their headspace Work & Study journey with the Memebers which was AMAZING!
- The Work Study Team created and held a workshop at Indigenous Allied Health Australia with Grace and VS Belle from Mt Druitt and Caity.

PENRITH JOBS!

- Holiday Casuals - CottonOn, Rockwear, Sunglass Hut, Prouds, Hype DC, LSKD, Sketchers, Sheike, Anaconda, Angus & Coote, Goldmark, Oz Hair & Beauty
- Gold Rabbit - Cafe All Rounder
- iFly - Guest Services Attendant
- 1st Year Apprentice - RK Carpentry
- Emu Hall - 18+ Floor Staff, Bartender

(All jobs found at Indeed.com)
Interested? Ask the Vocational Specialists!

EVENTS!

- The Money Moves groupassisted has had continual engagement with 5 YP to create their first ever resume, cover letters and practiced interview techniques down to a professional handshake!
- UPCOMING: The W&S team are in the preparation phase for their yearly Fidelity Audit review.

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 - 09

september

headspace Day coming in October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
24 	25	26 KATOOMBA HIGH SCHOOL BREAKFAST CLUB  HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	27	28 WEAR IT PURPLE DAY ages 12 - 25 Fri. 28 Aug. 2026 3:30 - 5:30 pm  at Tibbi Whalan Hall, Katoomba	29	30
31 	1 YAC Meeting Carer Gateway wellways YAC Social at Wellways Carers Gateway Hub in Katoomba	2  Workshops at Springwood High School	3	4	5	6
7 	8	9 KATOOMBA HIGH SCHOOL BREAKFAST CLUB  HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	10	11	12	13
14 	15	16	17	18	19	20
21 	22	23 KATOOMBA HIGH SCHOOL BREAKFAST CLUB  HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	24	25	26	27
28 	29	30	1	2	3	4

School Holidays

Hangout Hub

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

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