



Blaxland High School

R U OK? Day events

This year for R U OK? Day, headspace Penrith was fortunate to attend several school events. R U OK? Day is an annual day that encourages meaningful conversations and reminds people to check in with those around them, particularly those who may be experiencing difficult times.



Cambridge Park High School



We attended events at Blaxland High School, Cambridge Park High School and Cranebrook High School, where we hosted stalls alongside other community services. These events provided an opportunity to promote headspace, connect with students, share information and resources, and raise awareness of the support available to young people. We also ran interactive activities, including Big Jenga and beading, to encourage student engagement and create a welcoming environment for conversation.



Cranebrook High School

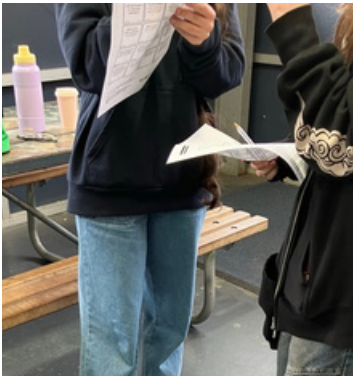
RUOK DAY

KATOOMBA HIGH STUDENTS REFLECT ON KINDNESS, CONNECTION AND THE IMPORTANCE OF CHECKING IN WITH ONE ANOTHER.

On 10 September, headspace Katoomba joined the Katoomba High School Wellness Team to support RUOK? Day activities during recess.

Students reflected on kindness, connection and the importance of checking in with others. Young people shared examples of support they had experienced, including sharing food and drinks, helping with schoolwork, lending pens, offering hugs and simply being there for a friend.

Students also took part in a RUOK? conversation starter bingo activity, encouraging meaningful conversations about how we can support the people around us.

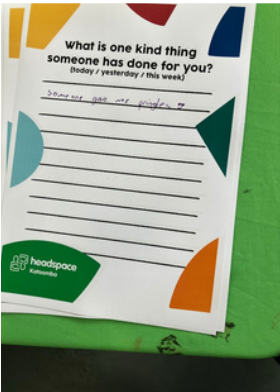


The day saw strong participation, with many young people sharing their ideas and experiences. It was a reminder that small acts of kindness can make a big difference and that support can come from friends, family, school staff and services like headspace.

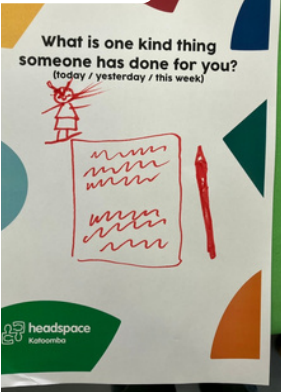
YOUNG PEOPLE TOLD US THAT SOMEONE...



gave me a cookie.



gave me Pringles.



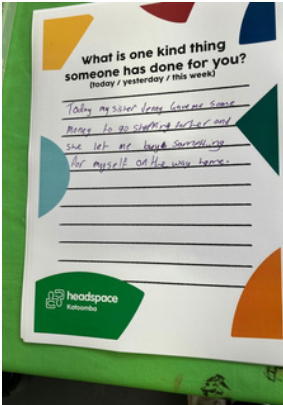
helped with my school work.



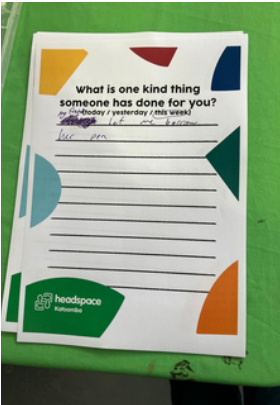
gave me a drink.



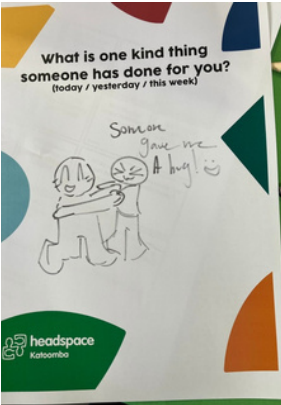
helped with my school work.



gave me some money to treat myself.



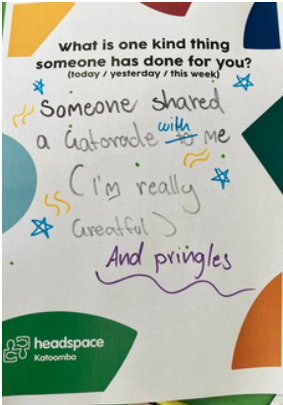
let me borrow a pen.



gave me a hug.



gave me a meringue.



shared Gatorade and Pringles with me.

Vocational Specialist



NAME : Katie



Vocational Specialist



NAME : Caity

SEPTEMBER HIGHLIGHTS!

- 2 x YP started their new job!
- 2 x YP reached their 4week milestone in a new job
- 6 x YP attended job interviews
- 4 x YP exited the program after achieving their goals

Farewell to Grace!



Grace was our amazing Community Development Coordinator, we said goodbye to her this month, she will be missed! We appreciate all the hard work she did delivering our social groups, supporting the YAC, doing workshops for schools and attending community events!

ACHIEVEMENTS!

- Our team received our results from our IPS Fidelity review and achieved an exemplary mark!
- 5 Young people have been supported with their driver's licence through PCYC DLAP, of whom 1 has completed the Safer Drivers course, and 4 have started driving lessons.
- 1 YP who regularly attends the W&S Group had support with two job interviews.
- 3 YP were supported with courses
- 1 YP had an appointment with a financial counsellor.
- YP were supported with Centrelink on five occasions.
- 1 YP got a promotion at work.
- 2 YP got new interview clothing.

PENRITH JOBS!

- Hospitality roles: Kickin' Inn, Grow Cafe, Sweet Surprises Candy Shop, Italian Street Kitchen, & Dotties Gelato (multiple roles available).
 - Retail: The Reject Shop, Ally Fashion, Universal, Kathmandu, and Sheridan.
 - Recreational: Panthers Penrith Aqua Golf Attendant, & Scram Escape Room Host.
(All jobs found at Indeed.com)
- Interested? Ask the Vocational Specialists!**

COMING UP...

- headspace day is coming up on the 8th of October!
- The W&S team is working on an upcoming Living Skills program!
- The team is attending TAFE for their Trades BBQ with a focus on mental health, wellbeing, connection, and workplace safety in trades on the 21st October



September Highlights!

- 3 x YP started a new job!
- 4 x YP attended job interviews!
- 1 x YP reached their 2 months milestone in their TAFE course!
- 2x YP exited the program with their needs met!

Vocational Specialist



NAME : Alex

ACHIEVEMENTS!

- 1xYP gained their first-ever job!
- 1x YP was supported with Centrelink.
- 1x YP completed placement for their TAFE course.
- 2x YP explored work experience opportunities.

Blue Mountains JOBS!

- Woolworths Katoomba- Store Team Member (Part-time)
 - Big W Katoomba- Store Team Member (Casual)
 - iKou Leura- Retail Sales Assistant (Casual)
 - Bed, Bath N' Table Leura- Christmas Casual Helpers
 - Bella Boheme Springwood- Casual Retail Assistant
- (All jobs found at Seek.com or Jora.com)

Interested? Ask the Vocational Specialist!

EVENTS!

- **UPCOMING:** There will be a W&S activity run at hKat on October 6th for headspace day!

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

2026 - 10

Mental Health Month

This year's headspace Day theme, "do nothing***", is about reminding young people that taking 10 minutes to do "nothing" for their mental health and wellbeing can allow their minds to reset.

october

School Holidays-->

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1 headspace work & study Money Moves Thursdays 4-5PM headspace Penrith FREE Group for ages 12-25	2	3	4
5 Public Holiday headspace CLOSED	6 headspace Katoomba do nothing* headspace Day 2026 at headspace Katoomba Join us for headspace Day from 1 pm to 4 pm at headspace Katoomba for free food, bubble tea, music, games and creative activities. Young people aged 12-25 are welcome. Family, friends and support people are welcome too. hKat YAC Meeting	7 HUB Day Out Wednesday 8 July • 11am to 2pm Springwood Hub A FREE event for families and young people	8 headspace do nothing for headspace day at headspace penrith Take some 'time out' for your mental health and join us on Thursday 08.10.26 from 12 to 3pm to do nothing* Open to all young people aged 12 to 25 years and their family and friends. Money Moves is also running.	9	10	11
12	13	14 National headspace Day HEADSPACE PLACE headspace Penrith	15 headspace work & study Money Moves Thursdays 4-5PM headspace Penrith FREE Group for ages 12-25	16	17 Hand pouring tea into a cup	18
19 G.E.O.F.F. Every Monday 10am to 12pm at the Katoomba Library	20 Hangout Hub Every Monday 10am to 12pm at the Katoomba Library	21 KATOOMBA HIGH SCHOOL BREAKFAST CLUB HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	22 D&D Dungeons and Dragons at Katoomba library now seeking expressions of interest for ages 12 - 25 who are new to D&D! Bookings essential: headspacekatoomba@uniting.org Money Moves is also running.	23	24	25
26 G.E.O.F.F. Every Monday 10am to 12pm at the Katoomba Library	27 Hangout Hub Every Monday 10am to 12pm at the Katoomba Library	28 headspace chai conversations Workshops at Katoomba High School	29 headspace work & study Money Moves Thursdays 4-5PM headspace Penrith FREE Group for ages 12-25	30 headspace Looking to make new friends? Homebase	31	1
2 G.E.O.F.F. Every Monday 10am to 12pm at the Katoomba Library	3 Hangout Hub Every Monday 10am to 12pm at the Katoomba Library	4 KATOOMBA HIGH SCHOOL BREAKFAST CLUB HEADSPACE JOINS EVERY OTHER FRIDAY MORNING IN THE ATRIUM	5 Workshops at Katoomba High School headspace work & study Money Moves Thursdays 4-5PM headspace Penrith FREE Group for ages 12-25	6 Workshops at Katoomba High School	7	8

headspace DAY

headspace Katoomba

Tuesday 6 October

1:00 pm - 4:00 pm

Dharug and Gundungurra Land

37 Waratah Street, Katoomba

headspace Penrith

Tuesday 8 October

12:00 pm - 3:00 pm

Dharug Land

Ground Floor 606 High Street, Penrith



do nothing* headspace Day 2026

This year's headspace Day theme, "do nothing"**, is about reminding young people that taking 10 minutes to do "nothing" for their mental health and wellbeing can allow their minds to reset.

Join us for a free afternoon of food, bubble tea, live music, games and creative activities. Connect with others, explore headspace Katoomba and discover the supports available for young people in the Blue Mountains.

EVENT DETAILS

- Tuesday 6 October
- 1:00 pm - 4:00 pm
- 37 Waratah Street, Katoomba
- Everything is free

WHAT'S ON

- Free food and bubble tea
- Live music
- Arts and crafts
- Games and activities
- Meet the headspace Katoomba team
- Information about local mental health and wellbeing supports



Open to young people aged 12-25. Parents, carers and support people welcome.

If you need support, you can visit your headspace Katoomba centre or head to headspace.org.au to find out more.

 **headspace**
Katoomba



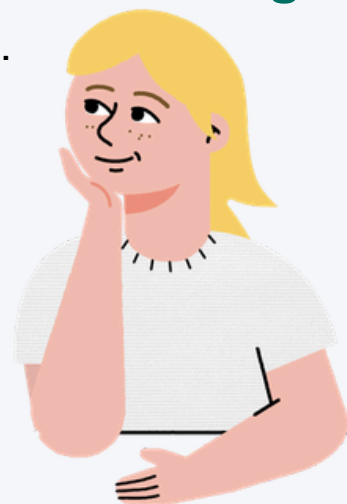
headspace
Penrith

do nothing for headspace day at headspace penrith

Take some 'time out' for your mental health and join us
on Thursday 08.10.26 from 12 to 3pm to do nothing*

*when we say nothing we really mean...

- a super relaxing space with bean bags, ambient sounds and lighting
- slime making activities
- beading and other crafty things
- making your own sensory toys
- free pizza, cold drinks and sweets
- other young people to chat with
- headphones and eyemasks to 'turn off' the world for a minute
- a 'phone box' to disconnect for a bit



Open to all young people aged
12 to 25 years
and their family and friends.



find out
more:



606 high st, penrith - 1800 477 626



Free inclusive drop-in

**FREE art,
games &
snacks**



**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!**



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!





**FREE
Snacks
Provided!**

Homebase

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

P 1800 767 212

E headspacepenrith@uniting.org

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/adulthood
 - Snacks and drinks
 - Come alone or with friends
- No pressure. Drop in. Leave anytime.

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

In collaboration with
headspace Katoomba
and Springwood
Police

D&D

Dungeons and Dragons at the library



now seeking expressions of
interest for ages 12 - 25
who are new to D&D!

when: every 4th Thursday of the month
from August - November.
starting August 27th

where: Katoomba Library

time: 3:30pm - 5:30pm

Bookings essential:

headspacekatoomba@uniting.org



BLUE
MOUNTAINS
LIBRARY



NSW Police Force

Meet

G.E.O.F.F.

Games, Energy, Open Space, Fun & Friends



**Mondays @ Lunch Time
in The Wellbeing Hub
@Springwood High**

KATOOMBA HIGH SCHOOL BREAKFAST CLUB

**GAMES
CRAFTS
FUN**

**START
YOUR DAY
GREAT**

FREE

**BREAKFAST PROVIDED BY
THE WELLNESS TEAM**

**ALTERNATE
WEDNESDAYS
BEFORE SCHOOL
IN THE
COMMON ROOM
8:20 - 9:00 AM**

 **headspace**
Katoomba

[HEADSPACE.ORG.AU/HEADSPACE-
CENTRES/KATOOMBA](https://headspace.org.au/headspace-centres/katoomba)

[@HEADSPACEKATOOMBA](https://www.instagram.com/HEADSPACEKATOOMBA)



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, identities 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



join the headspace Youth Advisory Committee

headspace Katoomba is recruiting
for our **Youth Advisory
Committee.**

Are you a **young person aged
between 16 and 25** with lived
experience of mental ill health and
keen to support your community,
improve services for young people,
and make new friends?

**We are looking for people just
like you!**

**what our current members
have to say...**

"the best part of being a YAC member is
being with likeminded people who are
passionate about de-stigmatising mental
ill-health"



**Want to learn more
or keen to apply?**



headspace
Katoomba