headspace Penrith Newsletter

February 2026

Early Psychosis

A Big Thank You to Dr Roger Gurr

We recently farewelled Dr Roger Gurr, who retired after more than eleven years as Clinical Director of hEP Western Sydney.

Dr Gurr played a significant role in shaping the Early Psychosis program into what it is today. His strong belief in the potential of young people — even during some of their most challenging moments — guided the way our teams provide care and support.

Under his clinical leadership, thousands of young people and families across Western Sydney were supported. He also strengthened how we understand and respond to trauma in early psychosis and was instrumental in introducing innovative approaches such as neurofeedback into mental health care.

While he will be deeply missed, the impact of his leadership will continue to shape our work for years to come.

We thank Dr Gurr for his dedication to young people, families, and the wider community, and we wish him every happiness in retirement.

Upcoming Events!

Homebase

Homebase is a new Social Group for young people aged 12-18 in partnership with Breakthru. A safe space for any young person, client or not to engage in fun activities such as games and craft and meet like minded young people. Also, safe space to meet people from headspace Penrith and Breakthru in a casual setting and get to know our team.

Our first session will be on Friday the 27th March at headspace Penrith from 3-5PM. This group will have a mix of games, arts and craft activities, and relaxed social time for young people to connect and have some fun. A quiet space will also be available for anyone who needs a break.

HARMONY WEEK

Harmony Week is a time to celebrate Australia's cultural diversity and promote inclusiveness, respect and a sense of belonging for everyone. It's an opportunity to come together as a community and recognise the many cultures that make our region vibrant and strong.
As part of Harmony Week, the Penrith Multicultural Interagency is hosting a Harmony Day event on Wednesday the 25th of March from 9:30am–2pm at St Marys Memorial Hall. The event will feature cultural stalls, performances and services, along with a light lunch providing a space for community members to connect and celebrate diversity together.

Vocational Specialist



NAME : Katie

GOOD NEWS STORIES!

3 x young people gainedemployment!

2 x young person got their second job!

6 x young people started studying!

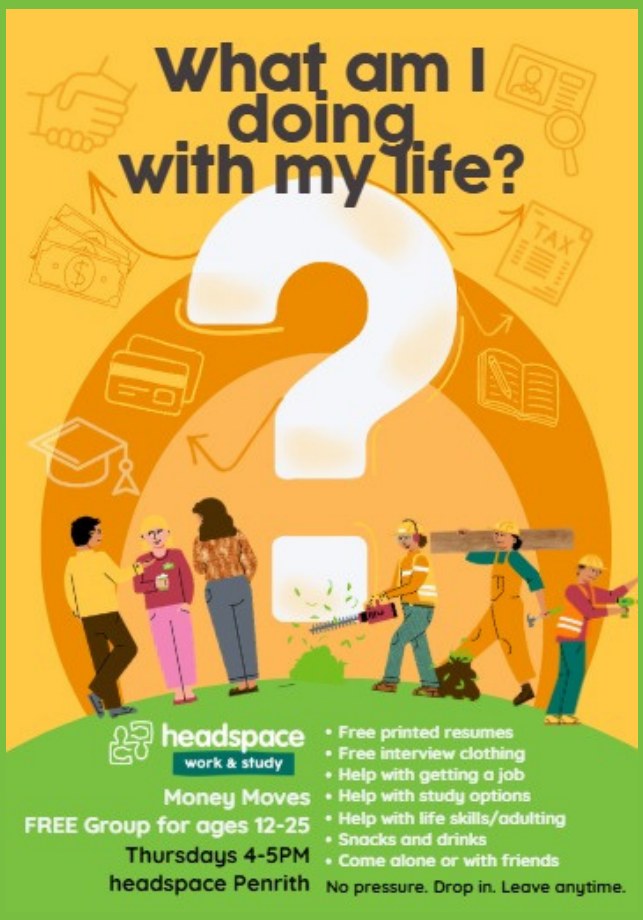
1x young person reached their 4-week employment milestone!

Vocational Specialist



NAME : Caity

WHATS ON NEXT MONTH?



LOCAL JOB VACANCIES!

- Factorie opening a new store in Penrith Plaza advertising for team members
- L. A. Donuts - Kitchen Hand
- Skin Kandy - Piercer
- The T-Spoon Cafe - Barista
- Tyre Fitter - Trainee
- Telstra - Customer Service & Sales
- Bluefit - Cafe Attendant

Interested?AsktheVocationalSpecialists!

ACHIEVEMENTS!

- 11 YP built on resume, interview skills & job applications
- 5 YP job canvassed in the community
- 4 YP went for job interviews
- 1 YP gained work experience placement
- 1 YP received in-work support
- 7 YP received Benefits counselling
- 5 YP received interview outfits
- 1 YP received support with how to save and use bank accounts
- 6 YP supported with TAFE Applications, Enrolment, Support & School alternative
- 1 YP built Cash Handling Skills
- 1 YP gained their Learner's License
- 1 YP completed a Barista Course
- 1 YP achieved their RCG
- 1 YP started a Basic Sewing Course

LAUNCH NEW W&S GROUP!

2025 saw the creation of the Work & Study Group Sessions.

This March will see the launch of a more systematic approach to encourage habit building with YP. The new group will be a weekly 1-hour commitment focusing on employment and its outcome - building money for YP.

Throughout March you will also see new social media campaign!

Monthly Highlight

Lunch Club has officially evolved… meet GEOFF!

After chatting with students about what our lunchtime space should be called, one thing became clear: “Lunch Club” was confusing (we don’t actually provide lunch!), and the young people wanted something that felt more them.

Enter G.E.O.F.F. – Games, Energy, Open Space, Fun & Friends.

The name was entirely student-created and voted on, and we love the ownership they’ve taken. GEOFF keeps the space relaxed, welcoming and social, with a mix of featured activities (from Giant Games to Anime Art Week) and always-available games for anyone who just wants somewhere safe and friendly to spend their lunch break.



It’s been fantastic to see students shaping the direction of the program — when young people help design the space, they’re far more likely to feel that it truly belongs to them.

We can’t wait to see GEOFF continue to grow this term.

Club & Activity Corner



Hangout Hub – Springwood Library
After-school space for ages 12–18 with games, creativity and safe social connection.



Art Unfiltered
Therapeutic art group exploring emotions through creativity. No experience needed.



Neuro-Space
Inclusive hangout for neurodiverse young people to connect and build confidence.



Breakfast Club KHS
Alternate Fridays, headspace joins the Wellness team at Katoomba High for fun activities at Breakfast Club.



Walk & Sip – 16–25
Friday walk and coffee catch-up for young adults. Free drink included.



G.E.O.F.F.
Lunchtime games, creative activities and connection. BYO lunch and enjoy a relaxed, judgement-free space.

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

Breakthru

headspace Penrith



Homebase

FREE Snacks Provided!

Looking to make new friends?

Come along to Homebase, a free social drop-in for young people to connect in a chill and welcoming environment.
If you're looking to meet new people, hang out, and have some fun, this space is for you.
We'll have games, craft and relaxed social activities. No need to be a headspace or Breakthru client.

Last Friday of every Month

3:00pm - 5:00pm

headspace Penrith
606 High St, Penrith

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.



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

working as a headspace GP

headspace GPs play an important role in supporting the mental, physical and sexual health of young people aged 12–25.

headspace National Youth Mental Health Foundation helps thousands of young people every year to access vital support through our headspace centres in over 150 communities across Australia1. Each headspace centre is a youth friendly place where young people can access low cost or free help, for a range of health and wellbeing problems including mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

Designated headspace centres across Australia also offer early psychosis services for young people experiencing, or a high risk of developing, psychosis.

Having GPs onsite at headspace centres provides a safe, low-stigma entry point for young people who may be reluctant to seek help for mental health concerns. GPs work with young people around mental health, sexual health, drugs and alcohol, preventative healthcare and other physical health problems and are part of a multidisciplinary team of experienced youth healthcare experts.

Working at a headspace centre gives GPs an opportunity to:

Make a real difference in young people's lives by

- *Working as part of an innovative team.*
- *Provide holistic care across a wide range of physical, mental and sexual health issues.*
- *Be part of a supportive and multidisciplinary team.*
- *Develop confidence and specialist skills working with young people, and*
- *Receive free accredited online training courses.*

Other benefits include:

- *Focus on evidence based practice – from assessment to appropriate prescribing.*
- *Potential access to a range of supports including super vision and professional development.*
- *Modern fully computerised facilities with full reception and admin suppor t.*
- *Access to mentoring, a GP Community of Practice and secondary consultation sessions with psychiatrists, and*
- *Flexible and part time positions are available.*

[1]As at May 2022 and inclusive of licensed headspace centres, satellites and outposts

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

Discover the benefits of working as a headspace GP at headspace.org.au/gps or contact GPProgram@headspace.org.au



2026 - 03

march

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
23	24	25	26	27		1
2	3	4	5	6	7	8
9	10	11	12	13		15
16	17	18	19	20	21	22
23	24	25	26	27		29
30	31	1	2	3	4	5









Maha Shivaratri


YRC MEETING
















































Purim | Holi



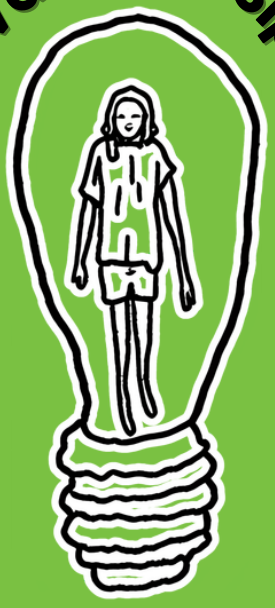
Special Days This Month

- 🌈 28 Feb – Mardi Gras Parade
- ♀ 8 Mar – International Women's Day
- 🤝 16–22 Mar – Harmony Week
- 🧠 16–20 Mar – Neurodiversity Celebration Week
- 🧠 20 Mar – International Day of Happiness
- 🖤 20 Mar – Close the Gap Day
- 🧠 30 Mar – World Bipolar Day
- 🌈 31 Mar – Trans Day of Visibility

come for a walk*

we'll shout you a FREE coffee**

Walk and sip



ages 16-25

11 am Fridays @ Cassiopeia

79 Lurline Street Katoomba

CASSIOPEIA
SPECIALTY COFFEE

headspace



*Severe weather plan, stay inside Cassiopeia with beverage
**Free Hot/Iced coffee, tea, choccy of your choice.

Location:
Neurodiversity Hub Katoomba
Lower Ground Floor, 33-35 Waratah Street, Katoomba, 2780

Register via Email Now!!!

headspacekatoomba@uniting.org
or
hello@kndhub.com

Or Scan here

A Hangout Hub for Neurodiverse Young People

Katoomba head

Neuro-Space

Diversity Hub Katoomba

Next Meeting 5 March 2026!

FREE - NO NDIS NEEDED

Alternate Thursdays @ 3:30 - 5:30

12-18 year olds



For more information, call headspace Katoomba 1800 478 626 or the Katoomba Neurodivesity Hub 47822132

headspace Katoomba and Springwood Police present...

D&D

Dungeons and Dragons At the library

When: ~~**26th February 2026**~~
NOW FULLY BOOKED
Please still contact us to be added to the waitlist, to RSVP for our Spring rerun or to recieve information about any one-shots



Where: Katoomba Library
Time: 4 to 5.30
Ages: 12 to 25

RSVP ESSENTIAL:
headspacekatoomba@uniting.org

headspace Katoomba

BLUE MOUNTAINS LIBRARY

headspace Katoomba

Starting 10th February

Art Unfiltered

A theraputic art group



Who: 12 -16 & 16-25

Where: headspace Katoomba

When: Every Tuesday
3:45pm-5:15pm

Free To attend and no experince needed

Drop in or Register in advance
headspace@uniting.org
1800 478 626

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

For more information, call 1800 478 626, text 0432 833 348, or email headspacekatoomba@uniting.org

TERM 1

- **Week 6 – Giant Games Takeover**
- **Week 7 – Nail Painting**
- **Week 8 – Anime Art Week**
- **Week 9 – Dragon Makers Lab**
- **Week 10 – Easter Cookie Decorating**
- **Always On – Giant Uno + Lollies**
- **Real talk. No judgment. BYO Lunch.**

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