

headspace
Mount Barker

Winter/Spring Newsletter 2025



phn
COUNTRY SA

An Australian Government Initiative

 **iREACH**
Rural Health

Winter/Spring Newsletter 2025

Building Positive Futures Expo



Earlier in the year we were invited to attend the **Building Positive Futures Expo** at the Mount Barker Community Centre. The event aimed to connect young adults (15 - 25) living with autism and their families with service providers. We had many great chats with young people.

Adelaide Hills Careers Expo



In August we attended the **Adelaide Hills Career Expo** hosted by Cornerstone College. We connected with young people interested in a career in mental health and psychology. Social Work was a popular career choice among Year 12s.

Staff Profile Aki

Role: Mental Health Clinician



Aki Likes:

Sushi



Music



Soccer



Toasties



Aki Dislikes:

Durians



Cockroaches



Bullying



Discrimination



Aki joined the headspace team in May 2023. Before working here, Aki worked as a Mental Health Clinician in Port Augusta for two years.

Aki studied Early Childhood Education in Japan for four years, then travelled and lived in New Zealand, Canada, and Melbourne, busking for a living for six years. Aki later studied a Master's of Social Work at Flinders University for two years.

"I like the role I play now for Headspace Mt Barker as I see who I am and who I used to be in young people and their struggles while getting to touch their lives with what I do."

- Aki

Winter/Spring Newsletter 2025

Staff Profile Ashlyn

Role: Admin & Office Support



Ashlyn Likes:

Coffee



Cheese



Walking



Wine

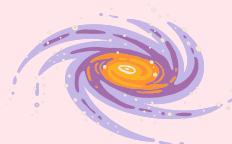


Ashlyn Dislikes:

Tuna



Sci Fi/Fantasy



Late Nights



Tea

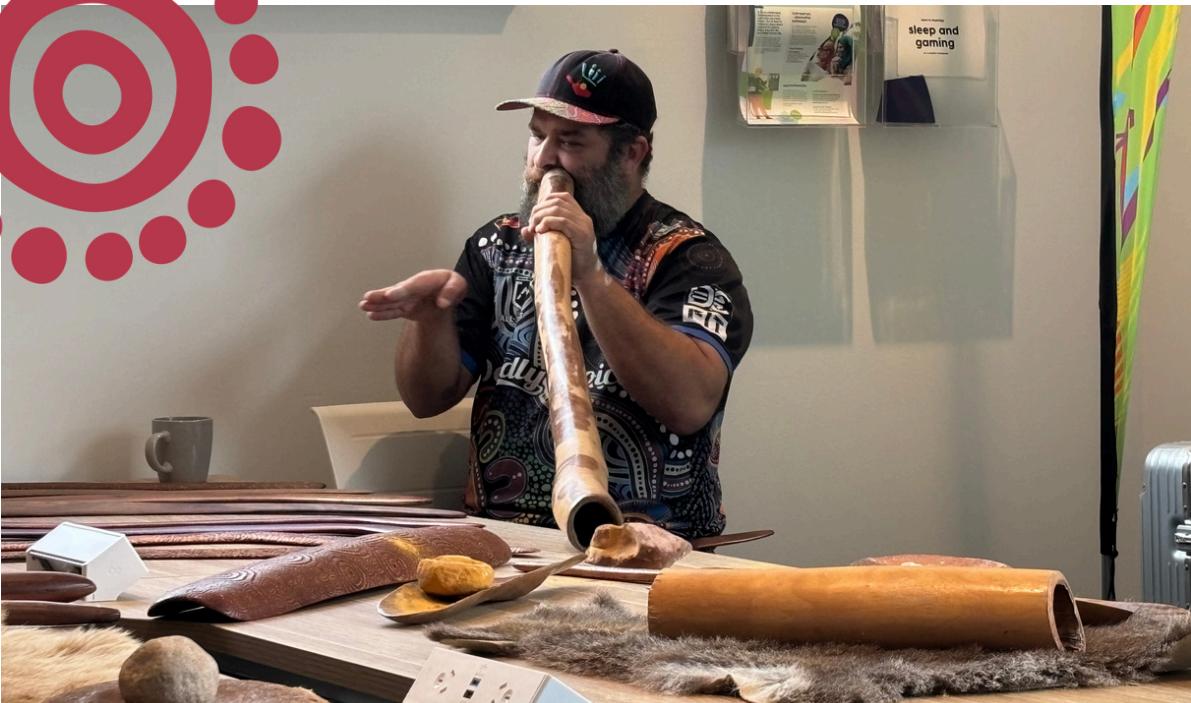


Ashlyn joined our headspace team in June 2024. She previously worked in the hotel industry for 15 years, and later at a private psychology practice.

Two years ago, she moved to the Adelaide Hills with her partner and two beautiful girls, Ruby and Zoey.

Her favourite part of her role is meeting and greeting young people and supporting the clinicians.

NAIDOC Week



On the 11th of July we celebrated NAIDOC Week with local First Nation's Educator, David Booth.

David gave a brilliant presentation on Aboriginal and Torres Strait Islander artifacts and the ingenuity of Australia's First Inventors.

We loved having the young people from Murray Bridge Yarn Space visit us for the afternoon. We hope they come back another time!



Learn about the • mind • body • spirit • culture • country artwork story
<https://headspace.org.au/mindbodyspiritculturecountry>

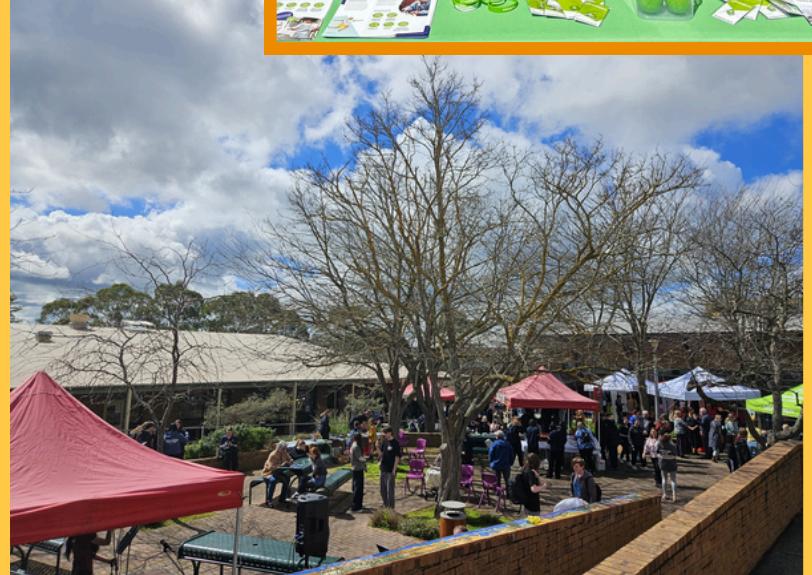
Winter/Spring Newsletter 2025

R U OK Day 2025

Our team joined in on the incredible Adelaide Vocational College 'R U OK Day' event on 11th of September.

We had an amazing time engaging with young people, discussing mental health services, and making smoothies with our smoothie bike!

Thank you to those who helped us churn up some fruity smoothies!



Winter/Spring Newsletter 2025

Mini Makers Market



To celebrate headspace day on the 9th of October we connected with community at the Mini Maker's Market. We were surrounded by 55 market stalls created and run by young people aged 8 to 21 years old. It was a wonderful opportunity to celebrate the creativity of the young people in our community.



Inside Out Loud

In October we were fortunate to win the Mental Health Month Rural Grant. In collaboration with Alexandrina Council and the Strath Neighbourhood Centre we held an art workshop titled *Inside Out Loud*. The Lino-print workshop facilitated by artist, Rebecca Prince, invited young people to create art of what makes them happy in hard times.



Winter/Spring Newsletter 2025

Groups at headspace Mt Barker



Rainbow Youth

12 to 16 year olds

Rainbow youth is a safe space for members of the LGBTQIA+ community and their allies between 12 and 16 years old to create, socialise, and learn.



Dungeons and Dragons

All ages

Start your epic adventure today and join us for this imaginative storytelling game.

Be swept away on an adventure each Tuesday fortnight!



Chill Space

17 to 25 year olds

Take a break from the chaos of early adulthood and join us each Thursday fortnight for this welcoming and inclusive group.

Winter/Spring Newsletter 2025

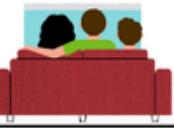


Wishing you all a Happy Festive Season!

From the headspace Mount Barker team



What's on at headspace in January

			1	2
5	6	7	8 	9
12	13	14 	15	16 
19	20 	21	22	23 
26	27	28	29	30



Strathalbyn Escape Room

Strathalbyn Neighbourhood Centre



Mario Cart and Pizza

12:00 pm - 1:30 pm



Knit a pencil case morning tea

11:00 am - 12:30 pm



Dungeons and Dragons session zero

1:00pm - 3:00 pm



Movie afternoon:

School of Rock

2:00 pm - 4:00 pm