

headspace

Mount Barker

Summer/Autumn Newsletter 2025



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COUNTRY SA

An Australian Government Initiative

 **iREACH**
Rural Health

Meet Marley

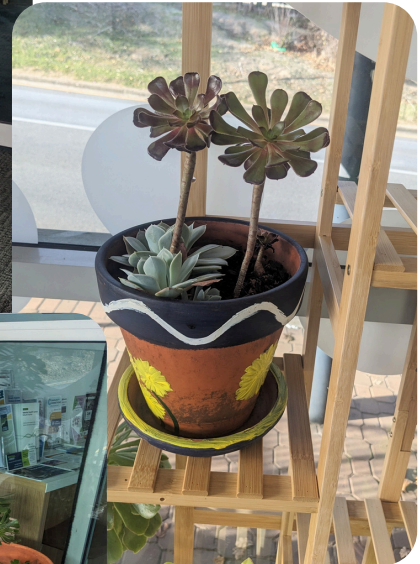
Our new Facility Dog



**Marley is a 2 year
old golden
Labrador**

**He joined our
team in **early
June!****

Making our space look **GREENER**



To make our centre more inviting, we have used some of our donation money to purchase shelves to house our succulents.

Young people will now enter our centre through the glass foyer filled with potted plants, some of which our young people have decorated during a terracotta pot decoration workshop!



Meet Amy

Our new Community Engagement worker!



Amy joined our headspace team on 5th of March and has hit the ground running with ideas and plans for our future groups!

A word from Amy:

"I am very excited to be part of the wonderful team here at headspace Mount Barker! After five years of university, I am thrilled to be able to put everything I learnt to use and contribute to the amazing work headspace does."

Amy Likes:

Chocolate



Thunderstorms



Musicals



Amy Dislikes:

Scary Movies



Bugs



Hot Weather



Staff Profile

Abbey

Role: Admin & Office Support



Abbey joined our headspace team in July 2023. She previously worked in administration for a wine and coffee business, and a call centre for Lifeblood. Unfortunately, she doesn't like wine or coffee!

Abbey is the first smiling face you see as you walk into headspace Mt Barker.

Her favourite part of her role here is connecting with clients and their families over the phone or in person.

Abbey Likes:

Milky Teas



Knitting



Gardening



Desserts



Abbey Dislikes:

Nutella



Cherry Flavour



Severe Storms



Snakes

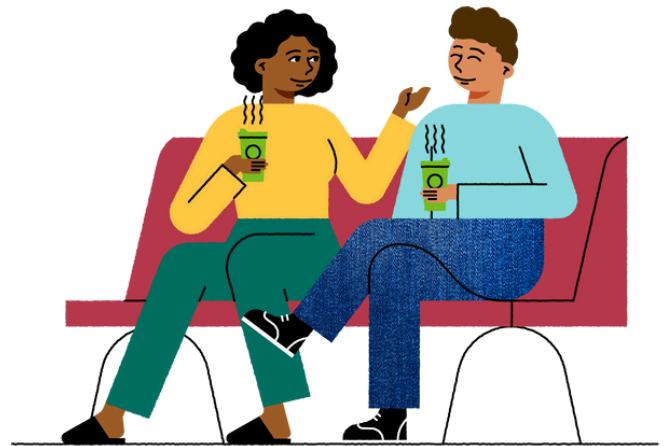


Youth Week Meet & Greet

On the 9th of April headspace Mount Barker held a Meet and Greet to celebrate Youth Week! The day was an opportunity for service providers, and community members to learn more about the work we do at headspace.

It was a wonderful afternoon; we had a delicious BBQ, a merch table, and a lobby covered in games (the giant Jenga is still there!). Getting to touch base with the community was a brilliant opportunity and we are hoping to do it all again soon!

- Amy



Events in May at headspace



YA Hangout

17 to 25 year olds

Enjoy some warm drinks and snacks while hanging out and building skills for the future.

May 1

May 15

May 29

3:00pm to 4:30pm



Youth Hangout 12 to 16 year olds

A time to take a break and be yourself while meeting other wonderful young people

May 7

May 21

4:30pm to 6:00pm



IDAHOBIT Drop In

All Ages

Join us to go rainbow and celebrate the International Day Against LGBTQIA+ Discrimination

May 16

3:00pm to 4:30pm



Reconciliation Week

All Ages

Join us to celebrate reconciliation week and reflect on this years theme: Bridging Now to Next

May 28

3:00pm -4:30pm

What's on in June at headspace



June 4

12 to 16 year olds

Youth Hangout

4:00pm to 5:30pm

Snacks, drinks, and crochet fundamentals



June 12

17 to 25 year olds

Young Adult Hangout

3:00pm to 4:30pm

Snacks, drinks, and paper collage self portrait



June 13

12 to 25 year olds

Men's Health Week

3:00pm to 4:30pm

Come meet members of the Laratinga Community Shed and hear about the benefits of woodworking on mental health



June 18

17 to 25 year olds

Youth Hangout

4:00pm to 5:30pm

Snacks, drinks, and board games



June 26

12 to 16 year olds

Young Adult Hangout

3:00pm to 4:30pm

Snacks, drinks, and movie time

NAIDOC Week

Join headspace Mount Barker and IMBALA Aboriginal Performance and Workshops to celebrate NAIDOC Week. Warm up with hot drinks by the campfire and learn how kangaroo tail is prepared. Snacks, drinks, and freshly cooked kangaroo tail will be provided!

Where:

headspace Mount Barker
30 Stephen Street, Mount Barker

When:

Friday July 11th
1:00 pm to 4:00 pm

Who

Everyone 12 to 25 is welcome!



RSVP Here

