

headspace
Mount Barker

Summer/Autumn Newsletter 2025



phn
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!



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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

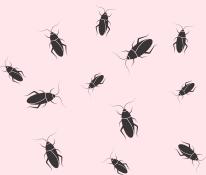


Amy Dislikes:

Scary Movies



Bugs



Hot Weather



Staff Profile Abbey

Role: Admin & Office Support



Abbey Likes:

Milky Teas



Knitting



Gardening



Desserts



Abbey Dislikes:

Nutella



Cherry Flavour



Severe Storms



Snakes



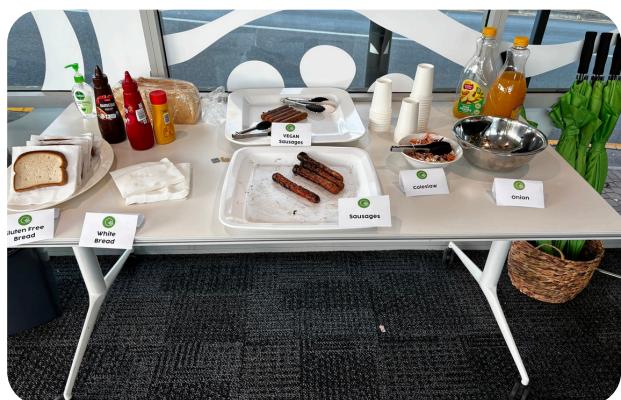
Youth Week

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

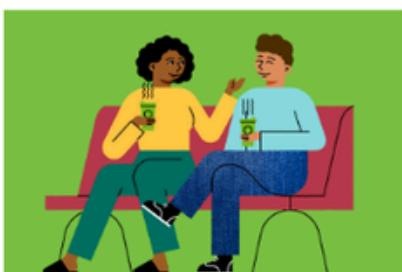


June 13 12 to 25 year olds
Men's Health Week
3:00pm to 4:30pm

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

