

Summer 2025/26 Newsletter



ESCAPE ROOM



In early January we partnered with headspace Victor Harbour and Alexandrina Council to host an Escape Room at Strath Neighbourhood Centre.

Each room had a different mental health focus and was designed by headspace Victor Harbor's wonderful Youth Reference Group (YRG).

It was wonderful to see so many people come through and face the challenge!

Mount Barker School Presentation

In late January our Complex Care Coordinator, Sue, and Community Engagement Worker, Amy, headed over to Mount Barker High School to deliver a **'Transitioning to High School'** presentation.

They had great engagement from young people and had great fun helping the new classmates get to know each other with a team building activity.



Harmony Week Lunch



On the 20th of March we celebrated diversity and multiculturalism in Australia, and called for the elimination of racial discrimination with a shared Harmony Week lunch!

Our clinician, Pallavi, showed her creative talent by drawing beautiful mehndi!



It was a wonderful opportunity to share food and stories and hear more about everyone's culture.



Pride of the Hills 2026

On the 27th of March 350 people headed to the Mount Barker Town Hall to celebrate LGBTQIA+ pride and community.

This event, which was postponed last year due to severe weather, was an explosion of glitter, pride, and fun!

There were live performances, information booths, face painting, and amazing food.

We loved being part of the planning committee and hosting a quiet space for people to take a break before heading out for more rainbow fun.



2026 Open Day

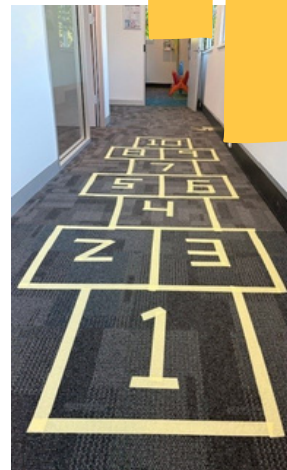
Follow the Yellow Brick Road!

On the 5th of February headspace Mount Barker opened its door to the community and local services for another Open Day. It was an amazing event and we were so glad to welcome everyone through our Centre.

The highlight of the event was the **Yellow Brick Road** where participants completed a series of challenges to go in the running for movie vouchers and a guide dog plush toy.

Of course the centre of attention was Marley, the Facility Dog. He even had his trainers from the Guide Dogs SA/NT stop by for a visit!

All round it was a wonderful afternoon and we were so happy to be joined by so many members of our Mount Barker and iREACH community.



Meet **Pallavi (She/Her)** Our new Mental Health Clinician



Pallavi joined our headspace team in February this year.

A word from Pallavi:

"I came to Australia after high school and went to UNISA to study a bachelor's in social work."

"I worked at Headspace Mount Gambier for 4 years and joined Headspace Mt Barker in Feb 2026. I am passionate about working with young people and their families and supporting them in difficult times."

"No one, especially a young person, should go through difficult times on their own!"

Pallavi Likes:

Comfort Food



Spending time with loved ones



Being creative



Being active in nature

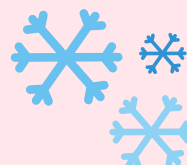


Pallavi Dislikes:

Cheese



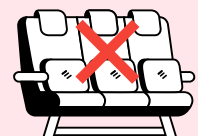
Cold offices



Overly sweet foods



Sitting in the middle



New group: **Strath Hangout!**



Strath Hangout

We asked and you answered! Join us each Thursday fortnight for fun and free activities. If you are between 12 and 19 years old Strath Hangout is a space for you to be yourself and join a fun and welcoming community.

Where Strath Neighbourhood Centre
6 Parker Ave, Strathalbyn 5255

When Every Thursday Fortnight
Starting 12th of February
3:30pm - 5:00pm

Who 12- to 19-year-olds
RSVP Here



Funded by



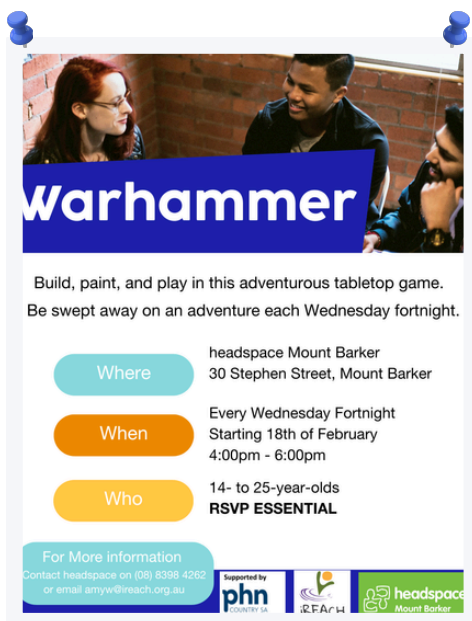



Delivered in partnership with Strath Neighbourhood Centre and supported by Alexandrina Council, Hangout provides a safe space for young people to connect in Strathalbyn after school.

“Everything but the Kitchen Sink”
Cookies made by young people



New group: **Warhammer!**



Warhammer




Build, paint, and play in this adventurous tabletop game. Be swept away on an adventure each Wednesday fortnight.

Where headspace Mount Barker
30 Stephen Street, Mount Barker

When Every Wednesday Fortnight
Starting 18th of February
4:00pm - 6:00pm

Who 14- to 25-year-olds
RSVP ESSENTIAL

For More information
Contact headspace on (08) 8398 4262
or email amyw@reach.org.au











Supported by




Facilitated by our wonderful volunteer, Alex, Warhammer gives young people a space to build, paint, and play this popular table top game.



Space Marines painted by young people

What's on at headspace in April

30	31 	1 	2	3
6	7 	8 	9 	10
13	14	15 	16	17
20	21	22 	23 	24
27	28 	29 	30	1



Dungeons & Dragons

3:00 pm - 5:00 pm

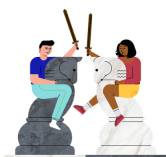


Strath Hangout

Ages 12 to 19

3:30pm - 5:00 pm

6 Parker Avenue, Strathalbyn



Warhammer

Ages 14 to 25

4:00pm - 6:00 pm



Strath Hangout Holiday come and try

Ages 12 to 19

3:30pm - 5:00 pm

6 Parker Avenue, Strathalbyn



Rainbow Youth

Ages 12 to 16

3:30 pm - 5:00 pm













YRG Meeting

Ages 16 to 25

Apply Now

What's on at headspace in May

				1
4	5 	6 	7 	8
11	12 	13 	14	15
18	19	20 	21 	22
25	26 	27 	28 	29



Dungeons & Dragons

3:00 pm - 5:00 pm

Speak to staff to RSVP



Strath Hangout

Ages 12 to 19

3:30pm - 5:00 pm

6 Parker Avenue, Strathalbyn



Rainbow Youth

Ages 12 to 16

3:30 pm - 5:00 pm



YRG Meeting

Ages 16 to 25

Apply Now



Warhammer

Ages 14 to 25

4:00pm - 6:00 pm

Speak to staff to RSVP



New Group

4:00pm - 5:30 pm

More details coming soon



Sign up for the Push Up Challenge

Make sure you chose headspace Mount Barker

