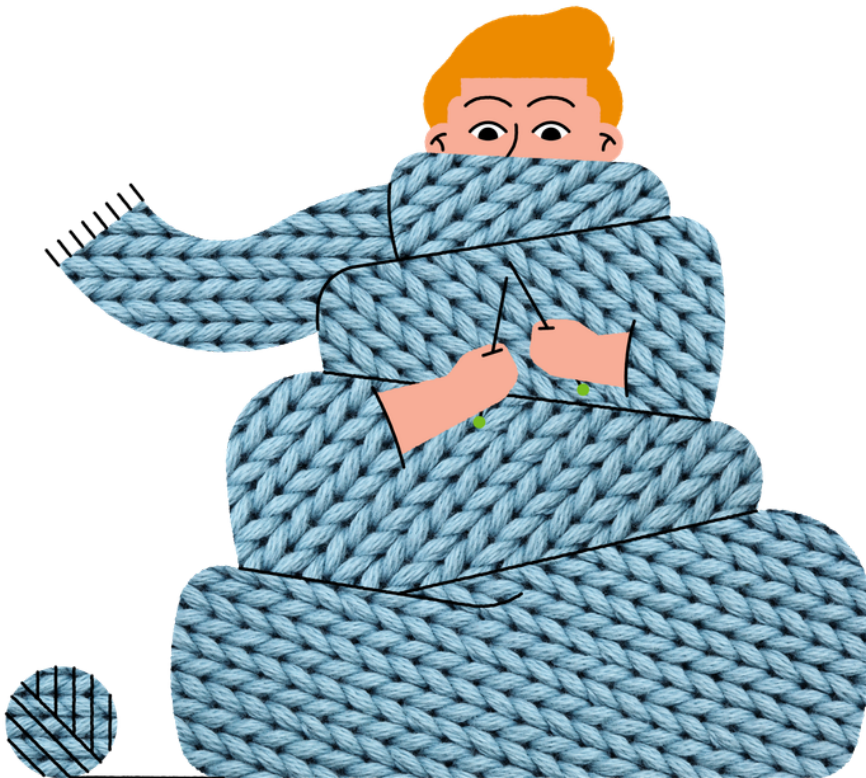
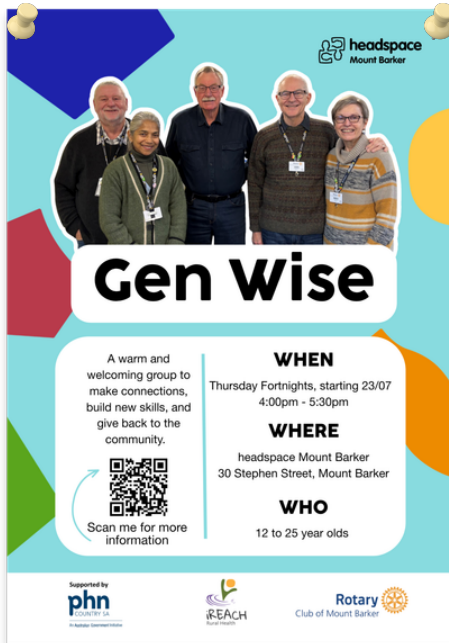


Winter 2026 Newsletter

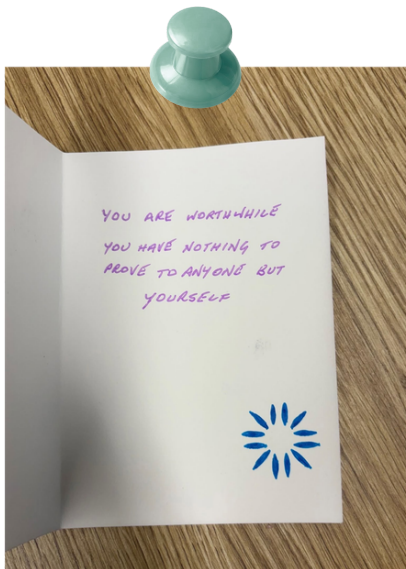


Gen Wise



Delivered in partnership with Mount Barker Rotary, Gen Wise is a space for young people to build connections, learn skills, and give back to the community.

Last session we made kindness cards to share with the community. They are in our lobby for young people to take and have positive messages and beautiful images to brighten peoples day.





New groups alert!



Art Space

A safe and welcoming space for young people to express themselves creatively and connect with like-minded people.

All sessions will be guided by a trained art therapist



Art Space

A safe and welcoming place to express yourself creatively and connect with like-minded people. All sessions will be guided by a trained art therapist

 Young people 12 to 16 years old

 headspace Mt Barker
30 Stephen St, Mount Barker

4pm - 6pm

Wednesday
fortnights
starting 12th August








Quiet Space

Quiet Space is a low-sensory, interest-driven and project-based group for young people to build connections at their own pace. Guided by a Mental Health Clinician this group will support young people to strengthen their social skills, manage their anxiety, and practice mindful engagement



Quiet Space

Does your young person struggle to connect in loud and busy spaces, is it difficult to engage with their peers, could they benefit from improved social connection?

Quiet Space is a low-sensory, interest driven and project-based group for young people to build connections at their own pace. Guided by a Mental Health Clinician this group will support your young person to strengthen their social skills, manage their anxiety, and practice mindful engagement.

Young people are invited to bring a quiet project they would like to work on or start a new one in session, art and craft supplies will be provided.

**Wednesday
fortnights from August 5th**

 headspace Mt Barker
30 Stephen St, Mount Barker

 Young people 12 to 25 years old

 Registrations Essential
Call 08 8398 4260
Email communityengagement@ireach.org.au







Adelaide Hills Career Expo - August



This year we once again attended the biggest career expo in the Adelaide Hills.

We had a great night chatting to young people and families about careers in mental health.

Social Work and Psychology were by far the most popular career choices!



Staff Profile:

Grace (She/Her)

Role: Mental Health Clinician



Grace joined the headspace Mt Barker team in December 2022.

She studied a Bachelor of Psychological Science and then a Master's of Social Work at Flinders University after returning to Uni life at 28 years old.

A word from Grace:

"I love working at headspace and meeting young people from a variety of different life experiences. We know the spectrum of wellbeing can be broad and I am passionate about finding out what wellbeing and happiness mean for young people and their families."

Grace Likes:

Horses



Green Spaces



Books



Cats



Grace Dislikes:

Too much time
indoors



Food with
lemon in it



Crowded
Spaces



headspace Forum 2026

“Growing Together”



Back in June members from our Clinical, Admin and Office Support, Community Engagement, and Youth Reference Group teams were lucky enough to fly to Brisbane to attend the 2026 headspace forum!

This year's theme was 'Growing Together' focusing on connecting with others in the headspace network and sharing ideas to help each centre grow and improve.



One of the highlights of the forum were the performances from young Australian artists:

- Sienna Tenn
- Austin Armstrong
- Mieke Louise
- and Hugo and the Hive



Meet Tanya (She/Her)

Our new Clinical Team Leader!



Tanya joined our team in July 2026 having relocated from New Zealand in May and brings with her experience in child and adolescent mental health and clinical leadership.

A word from Tanya:

"I'm excited to be joining the headspace Mt Barker team! I'm passionate about supporting young people to feel heard, understood and empowered. I believe no one should have to face tough times alone, I'm really looking forward to getting to know our young people, families, the wider community and being part of the team."

Tanya Likes:

Spending time
with Family



Chocolate



Coffee



Cheese



Tanya Dislikes:

White Chocolate



Scary Movies



Rain



Slime



What's on at headspace in August

3	4 adelaide hills careersEXPO Tuesday, 4 August 6:00pm - 8:00pm	5 	6 	7
10	11 	12 	13 	14
17	18 	19 	20 	21
24	25	26 	27 	28
31				

adelaide hills careersEXPO
Tuesday, 4 August 6:00pm - 8:00pm



Adelaide hills Careers Expo

6:00pm - 8:00pm
Cornerstone College



Call 08 8398 4269
to RSVP

Dungeons & Dragons

3:00 pm - 5:00 pm
30 Stephen St, Mt Barker

Quiet Space

4:00pm - 5:00 pm
30 Stephen St, Mt Barker

Call 08 8398 4269
to RSVP

Gen Wise

4:00pm - 5:30 pm
30 Stephen St, Mt Barker



RSVP

YRG Meeting

Ages 16 to 25

Art Space

Ages 12 to 16
4:00pm - 6:00 pm
30 Stephen St, Mt Barker

Call 08 8398 4269
to RSVP

Strath Hangout

Ages 12 to 19
3:30pm - 5:00 pm
6 Parker Avenue, Strathalbyn



RSVP

What's on at headspace Mount Barker



Fun, local, and free



Dungeons & Dragons

3:00 pm - 5:00 pm

Call
08 8398 4269
to RSVP

Start your epic adventure today and join headspace Mt Barker for this imaginative storytelling game. Be swept away on an adventure each Tuesday fortnight



Gen Wise

4:00pm - 5:30pm
Thursday

In partnership with the Rotary Club of Mount Barker join us each fortnight for this intergenerational group to connect and share skills unique to each generation.



Youth Reference Group

Ages 16 to 25

16-25 years old?



Sign up

Want to build skills for future careers?
Want to make a difference in the community?
Then join headspace Mount Barkers Youth Reference Group!



Strath Hangout

Ages 12 to 19
3:30pm - 5:00 pm
Thursday



RSVP

6 Parker Avenue, Strathalbyn

Join us each Thursday fortnight for fun and free activities. Strath Hangout is a space for you to be yourself and join a fun and welcoming community.

What's on at headspace in September



Amplify Youth Forum 2026

23rd September
at the Auchendarroch House

We have partnered with Mount Barker District Council, Alexandrina Council, Mission Australia, Mount Barker Community Centre, and an incredible team of young people to bring you a one-day wellbeing forum aimed at increasing the skills and resilience of young people in our community while learning what more we can be doing to support the wellbeing of local young people.