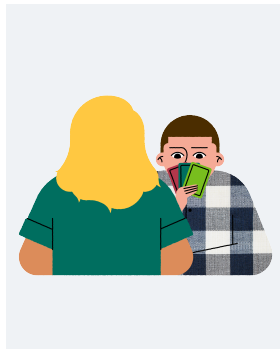


what's on at headspace?



Here are just a few of the groups and programs at headspace, call us on 8725 0443 for more information.

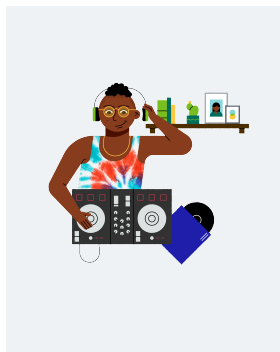


LINK Group (18-25 year olds) fortnightly Wednesday's 2.00pm - 4.00pm

A fortnightly social group, hosted between headspace and the Mount Gambier Library.

For young people who are looking for connections with new people, develop social skills, learn something new and increase confidence.

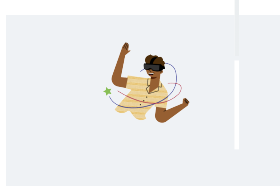
Activities include board games, video games, card games, craft and many other activities, driven by the young people who attend.



Music Group fortnightly Thursday's 3.30pm-5.30pm

The headspace Music Group is a fun, supportive and engaging environment lead by musically talented and experienced workers.

Musicians of all abilities are invited to step out of their comfort zone, develop their musical identity, increase confidence in performing, practice songs and learn songwriting through collaborative music-making.



Neurodiverse Social Group 12-15

A group for neurodiverse young people aged 12 - 15 to engage in social skill development and establish interpersonal relationships through interactive games, activities and social interactions.

Imparticular for young people who live with ADHD & ASD



Youth Health Clinic - Thursdays

Our Youth Health Clinic offers a range of physical and sexual health services run by our youth-friendly GP and Community Nurse. The clinic offers some of the including:

- general health checks
- chronic condition management
- mental health care plans
- coughs/colds/illness
- sexual health
- advice and referrals

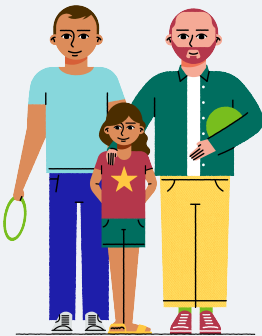


Youth Reference Group

Our Youth Reference Group (YRG) is an engaged group of volunteers aged 12-25 who are central to the day-to-day work we do. The group is made up of local, passionate young people with a broad range of interests relating to youth mental health.

Their role is to ensure that headspace maintains a youth-friendly lens on everything that we do.

YRG members have the opportunity to receive training, plan and host events, create social media content, sit in staff job interviews, participate in governance meetings and plenty more!



Family & Friends Reference Group

A group of volunteers of all ages who provide perspective from family & friends into the help-seeking experience when supporting a young person through mental health challenges.

As a family & friends inclusive service, this group helps headspace keep family & friends in focus in service delivery