



headspace Queanbeyan

**LGBTQIA+ group sign-up
package**

what is headspace?

headspace is a free youth friendly service for anyone aged between 12 and 25 years. We help young people having a tough time, or those who would just like to work on improving their health and well-being.

what is this group about?

The headspace Queanbeyan LGBTQIA+ group is designed to provide young people from the ages of 12 to 25 a safe space to explore their identity with others in the LGBTQIA+ community.

With the direction of the Group Coordinators, you will be given the opportunity to socialise with and celebrate the LGBTQIA+ young people in the Queanbeyan area by participating in a range of engaging group activities, such as:

- Team building
- Arts and crafts
- Video & board games
- Giving feedback about headspace services
- ... And more!

The LGBTQIA+ group is also given the chance to advise headspace Queanbeyan on how to best provide support and address the issues of the community directly from your own experiences.

You will also be given the opportunity to put forward ideas and initiatives for the LGBTQIA+ community that headspace Queanbeyan will support you in putting out into the local community, such as:

- Creating LGBTQIA+ programs or events that are relevant to our community
- Advising headspace Queanbeyan on how to best confront LGBTQIA+ related issues for our clients
- ...And more!



when do we start?

The group will begin as of Tuesday 28th January 2025 at 5:00pm and we will meet once a month on the last Tuesday of each month.

Group meetings will take place in the headspace Queanbeyan centre on 2/98 Monaro Street Queanbeyan, which is next to the Westpac bank building (unless otherwise specified).

how do i sign up?

If you would like to sign up for the LGBTQIA+ group at headspace Queanbeyan, please fill out the requested information below. Please allow us a minimum of a week to get back to you.

If you have any questions or would like some help in filling out this form, contact our Community Engagement Coordinator, Trinity, at hs.queanbeyan@marathonhealth.com.au, or 0427 679 964.

LGBTQIA+ group sign-up form

personal details

Full Name

Preferred Name

Age

Gender/Pronouns

Date of Birth

Phone

Email

Address

Do you have any accessibility requirements?

Do you have any allergies or other medical conditions we should know about?

Would you like to provide any further information regarding your gender identity or sexual orientation?

Do you identify as Aboriginal, Torres Strait Islander, or Culturally and Linguistically Diverse?

emergency contacts

You will need to have at least one emergency contact before signing up to this group. Two emergency contacts are preferable, but not required.

emergency contact one

Name

Phone

Relationship

Do they know
that you will be
attending this
group?

Other Info.

emergency contact two

Name

Phone

Relationship

Do they know
that you will be
attending this
group?

Other Info.

group expectations

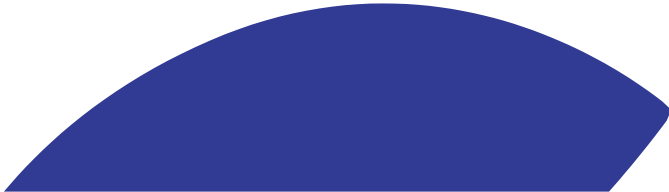
How did you hear about this group?

What interests you about this group?

What are your expectations of this group?

What kind of activities would you like to see from this group?

Is there anything you would like to learn while attending this group? If so, what?



wellbeing plan

At headspace, your wellbeing is our top priority, and we're here to support you. Completing a wellbeing plan can help us identify how we can best support you in looking after your wellbeing at an event, and we're happy to help you fill out this form if needed.

People are affected by different things and have different ways of looking after themselves. This plain aims to give us the best chance of supporting your natural ways of looking after yourself so that you can get the most out of your time with the headspace Queanbeyan LGBTQIA+ Group.

Do you have any current wellbeing concerns or goals that we can help you achieve?

Is there anything that we should be aware of (e.g., triggers, warning signs) that can assist us in making this group a safe space for you?

If you begin to feel uncomfortable, what are some things that we could do to help you?

Would you be open to speaking to one of our clinicians if you feel you need extra support?

Are you a current or former client of headspace? If so, who was your clinician?

consent questions

It is important to realise that people have different perceptions of wellbeing. A person's state of wellbeing can impact on their ability to participate in a group like this one.

In joining this group, you give the Group Coordinators permission to approach you to discuss your wellbeing should they be concerned. Sometimes this may mean that we have to ask you to take a break or speak to others including your emergency contact. This is likely to be a rare event, but it is important that everyone understands this.

The Group Coordinators are mandatory reporters and are obligated to make a report if they feel you are in a situation where you are in danger, or you are a danger to yourself or others.

You, as a group member, have a responsibility to the LGBTQIA+ group to take breaks from the group when you feel it would be in the best interests of all involved to do so. You also have the responsibility to talk to one of the Group Coordinators if you are feeling anxious or uncomfortable. This is to ensure a safe space for all.

LGBTQIA+ Group Member

I, _____, have read and understood the above group agreement, and have completed and understood the wellbeing questions. I give my consent to attend this group.

Signature: _____ Date: _____

If under 16 years of age, we also require a parent or guardian's signature

Name: _____ Relationship: _____

Signature: _____ Date: _____

