Welcome to new members of the headspace team:

Jacqui
Jacqui is a psychologist and is part of the Access Team.
Jacqui is at headspace Monday to Friday

Kevin
Kevin is the Senior Clinician and part of the Access Team.
Kevin is at headspace Monday to Friday

Jac
Jac is a social worker and part of the Access Team.
Jac is at headspace Monday to Friday

The inaugural headspace day will take place on 11 October, with the overarching theme of Access All Areas.
In support of young people with mental health issues, this national day of awareness is about ensuring every young person in Australia has access to youth friendly, mental health services no matter where they live.

headspace Shepparton will be opening up the centre from 4-5pm on the 11th October for people in the community who want to have a look around the centre, learn more about what the centre does, how to refer and how they can help headspace.
It will also be an opportunity for young people who want to learn more about what is involved in being on the Youth Reference Group.
SPARK
SPARK is a group for 15-18 year olds to help young people learn about themselves, their values, managing life’s ups and downs and develop a meaningful direction. Full of art and activities the group starts Monday 24 October from 4pm to 6pm. More info: headspace.org.au/shepparton

Building Blocks of Life
6 Wednesday workshops
1) Self-esteem & Assertiveness 25 October
2) Good Communication & Healthy Relationships 8 Nov
3) Conflict Resolution, Problem Solving 15 November
4) Financial Management & Goal Setting 22 November
5) Nutrition & Maintaining Balance in Life 29 November
6) Relaxation & Stress Management 6 December
Run by PCC from 3:30 to 4:45 at headspace

R.A.G.E.
Renegotiating Angry & Guilty Emotions.
This is a six week, fun and electric workshop for young people experiencing Anger.
Two groups:
12 years to 17 years; and
18 years to 25 years
Expecting to run late in October 2016

Centrelink
Michelle Bear is the Centrelink Community Engagement Office. Her role is to work with vulnerable customers who need assistance to connect with Centrelink. Michelle is available at headspace Shepparton each Wednesday from 9-12 am

Youth Reference Group News
The Youth Reference group have been busy recently undergoing Youth Advocate Training. This has also involved them working as a team on projects that promote awareness of headspace, help raise funds and promote mental health strategies to other young people.

Suzanne Wallis N.P.
Well done Suzanne Wallis, Sexual Health Nurse Practitioner extraordinaire. Suzanne is presenting at Hong Kong at the International Council of Nurses- Nurse Practitioners- Advanced Practice Nurses on ‘Is there value at having a Sexual Health Nurse at headspace.’ The answer is yes of course!

Private Practitioners
You don’t need a referral to see anyone from our Youth Access Team at headspace. However, if you are to be linked into any of our visiting Private Practitioners then you do need to see a GP and receive a Referral and a Mental Health Treatment Plan.

Information:
www.headspace.org.au/shepparton
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