

Issue No. 1
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The YRC brings you...

THE YOUTH ZINE



headspace
Tuggeranong



Hey reader!



We created this space because we believe that navigating your well-being shouldn't be a solo mission. It's about having the right tools, the right knowledge, and the right people by your side. This zine isn't a stack of formal articles - it's an informal collection of texts, reflections, and ideas designed to speak to you. It's a guide to understanding your mind, building healthy habits, and connecting with a community that truly gets it.

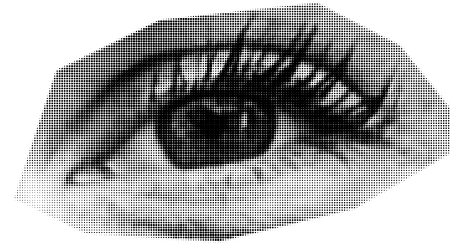


Each edition will offer its own mix of practical advice for real-life challenges, expert guidance to help you grow, and stories from your peers that remind you that you're not alone. We're here to help you feel supported and empowered every step of the way.

Welcome to the community.



Contents



What is wellbeing?

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Our community

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What is wellbeing?

The idea of wellbeing changes from person to person. We collected responses from voices in our community to celebrate what wellbeing means to each of us.

We asked two questions:

What message would you give to your younger self about wellbeing?

and

What makes you feel calm?

The following pages are a celebration of the unique answers we received.



What message would you give to your younger self about wellbeing?



"It's okay to drop some things so you can focus on what you need to do. You don't need to be perfect every single day."

KELSY, 27



"Life's too short to not enjoy the journey towards your goals. See your value. See the value in others."

AARON, 33



"Your wellbeing journey is not linear."

NOVA, 16



Your wellbeing is just as important as those around you. Treat yourself with the same kindness as those you love. You cannot care for others, if you don't first care for yourself. You are enough."

GABBY, 23

What message would you give to your younger self about wellbeing?



"Prioritise yourself, don't stress over your grades, don't compare yourself to others, don't let the standards you set control you."
CASSANDRA, 15



"Taking care of every aspect of your wellbeing is important and something you can't overlook. Don't feel bad for wanting to feel better."
BROOKE, 21



"Always look forward to the next thing in life that makes you happy."
RYAN, 15



"Prioritise your wellbeing, both mental and physical, over things that are fleeting and are in passing moments. You are worth much more and are more capable than you believe."
MADIE, 27



What helps you feel calm?



**“A nature walk.”
CHRISTOPHER,
27**



**“Friends and
family.”
ALLIE, 25**



**“Easy, repetitive
tasks such as
organising beads
into coloured piles.”
ACE, 21**



**“Music and
showering.”
DAKODA, 16**



What helps you feel calm?



**"Petting the cat."
ALISON, 15**

**"Feeling
prepared."
LEONIDAS, 25**

**"Cups of tea,
mindful
breathing,
reading."
SOPHIE, 26**

**"Physical
exercise."
HAMISH, 15**



What's on in Canberra?

Oct 9 - Dec 9

and surrounding areas

Nara Candle Festival

Oct 25th | 4 - 9pm | Free entry |

Celebrate peace and cultural connection as Lennox Gardens lights up with thousands of candles for the annual Nara Candle Festival. Expect Japanese food, music, martial arts, craft stalls, and a magical night-time glow. Perfect for chilling with friends/family under the lanterns.



Queanbeyan Show

Nov 8th - 9th | \$0 - \$15~ Per ticket |

A classic country show just minutes from Canberra! Think carnival rides, sideshow alley, woodchopping, horse events, livestock, art and craft, plus plenty of showbags. A fun mix of tradition and festivity that brings the whole community together.



Fashionfest

Nov 1st | 9am - 2pm | Free entry|

Step into style at the lakeside Little Burley Market on Saturday 1 November. Catch the runway at 11 AM showcasing local designers and makers, explore 60+ stalls of slow fashion, vintage, and handmade jewellery, and enjoy live music, food, and spring vibes by the lake.



Where to connect

Woden/Lanyon Youth Centre

The Woden and Lanyon Youth Centres are safe, inclusive spaces where young people can hang out, connect, and get involved in activities. Both centres offer drop-in sessions with access to games, music, and social spaces, as well as holiday programs featuring excursions, workshops, and creative projects. They are open to young people (12-25) and aim to support fun, wellbeing, and community.



Canberra PCYC (Police Community Youth Centre)

PCYC focuses on fitness, leadership, and community engagement. Young people can take part in sports, boxing, martial arts, and personal development programs designed to build confidence and resilience. The PCYC is more about staying active, building discipline, and creating positive pathways.



Smith's Alternative



A unique music and arts venue in the heart of Canberra, Smith's Alternative offers live gigs almost every night, featuring everything from local indie acts to international artists as well as poetry nights, comedy shows, and other creative events. It's also a relaxed café space during the day, giving young people a place to hang out, enjoy coffee, and connect with the creative scene.



Meet the staff

Billieann



Hi! I'm **Billieann**, and I'm the Service Manager here at headspace Tuggeranong. I'm lucky enough to work alongside an incredible team of passionate professionals who've got your back when it comes to mental health, physical wellbeing, and smashing your work or study goals.

My role? Making sure we are a safe, welcoming space where every young person feels seen, heard, and genuinely supported. Whether you need someone to talk to, help figuring out your next steps, or just a chill space to check in – we're here for you.

Behind the scenes, I help keep things running smoothly, connect with our awesome community, and work closely with our Youth Reference Group to make sure we're always listening and improving. We're all about delivering high-quality, youth-friendly care that actually makes a difference.

Our big goal? Helping you feel confident, empowered, and ready to take on whatever life throws your way.

Not sure where to find me? Don't worry – I'm pretty much everywhere in the centre!

When I'm not at work, you will find me at home admiring the flower boxes and chatting with my cats.

Meet the staff

Esther



Hey! I'm Esther, and I'm the Community Engagement Officer here at headspace Tuggeranong.

What does that mean?

Basically, my job is all about connecting with the community – making sure people know who we are, what we do, and how we can help.

You'll often find me out and about at events, running info stalls, or presenting at schools and workplaces. I also get to raise awareness about mental health and wellbeing through training, group sessions, and community programs – all aimed at helping young people (and the community around them) feel supported, informed, and empowered.

Something fun about me: I've got a big background in performance, from ballet dancing to singing and theatre musicals across Canberra.

Meet the staff

Work & Study Team



Hi! I'm Emma – a Vocational Specialist here at headspace Tuggeranong.

I support young people in finding work and study opportunities by helping them through the tricky parts.

A typical day for me might look like meeting you at the library to go over your resume, catching up at the shops to chat with employers, or sitting down in the office to plan your next steps and support your goals.

I'm around Monday to Thursday :)

Fun fact: I once saw a platypus at Corin Forest!

Hey, I'm Lachie, and I'm part of the Work & Study Team here at headspace Tuggeranong as a specialist.

Looking for work or figuring out study can be confusing (and honestly, a bit stressful). I'm available Monday through Friday to support young people with everything from career exploration to resume and cover letter assistance, interview preparation, and navigating other services that may be helpful.

Our approach is easy-going – we're here to listen, work with you at your pace, and help you feel more confident about where you're heading.

Something about me: My favourite album is the So Fresh: Hits of Spring 2003 compilation.

Who are the YRG?

The Youth Reference Group is a volunteer team of like-minded young people aged 12-25 who want to be a part of something bigger and create changes in the community regarding mental health.

The YRG is a team of self-empowered youth who can get real-life experience working in mental health or similar areas. Every month, you can learn a ton about mental health, meet incredible role models, gain social skills, and have the power to make changes in your community for the better! Each month, the YRG gets together and we figure out new ways we can show up for our community. We recommend projects and ideas that the YRG can act upon.

**thank you for
reading!**



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