

Issue No. 3
Aug | 2026



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.



- **Youth Week survey findings**

- **What's on in Canberra?**
- **Where to connect with others**

- **We're here for you**
- **What have the YRG been doing?**
- **Who are the YRG?**



youth week survey findings

More than 100 young people, families and community members shared their feedback in our Youth Week survey, helping shape future Youth Week programs.

The biggest takeaway was that many young people didn't know what events were happening. Almost half of respondents said they were unaware of Youth Week until they received the Youth Zine or heard about it through friends or social media, highlighting the need for stronger promotion.

For those who attended, events that brought people together had the greatest impact. Young people valued welcoming spaces to connect with friends, meet new people and feel part of their community.

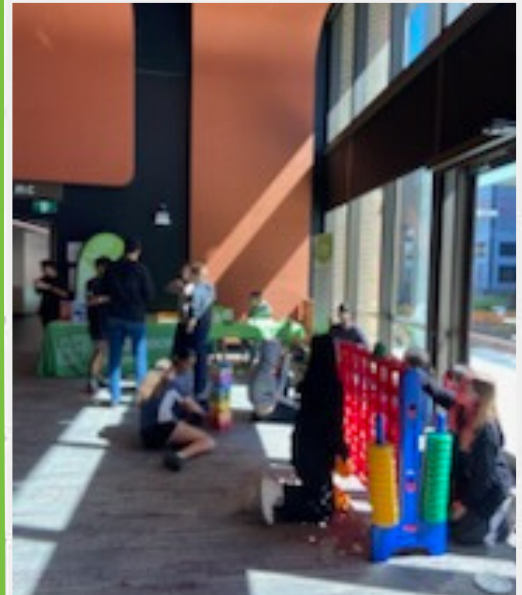
Creative activities such as art, music, fashion and performance were popular, with many wanting more opportunities to express themselves. There was also strong interest in more sport, outdoor adventures and group activities that support wellbeing and build connections.

Overall, young people want more opportunities to connect, create, be active and have fun—and for everyone to know about them.



survey findings continued...

If you would like to explore the findings in more detail, the full Youth Week Feedback Analysis Report is available on the headspace Tuggeranong website [here](#) or going to the YRG Youth Zine section of the website.



What's on in Canberra?

July - October 2026

and surrounding areas



Antarctica exhibition

Jul - Oct | 9am - 5pm | free entry |

Explore the frozen continent at National Museum of Australia with Antarctica, a fascinating exhibition sharing the stories of Australia's enduring connection to the icy south, science and survival through rare artefacts, interactive experiences and remarkable first-hand accounts from expeditioners and researchers.



the weavers' studio

Jul - Oct | 10am - 5pm | free entry

Come along to The Weavers' Studio, and try your hand at weaving in this free, drop-in activity.

The Weavers' Studio is suitable for everyone, including beginning and more experienced weavers. Children and families are invited to create and play on specially designed looms for our youngest weavers.



Oz comic-con Canberra

Aug 15th & 16th | 10am - 4pm | \$23 - \$40

Step into the extraordinary world of Oz Comic-Con, where creativity thrives and passion unites fans of every generation! Embark on a thrilling journey across two action-packed days filled with adventure, laughter, and all things pop culture.



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.



we're here for you



all headspace Tuggeranong services are FREE
to young people aged 12-25 and their family



your health & wellbeing matters:

If you're not sure what service will best support you, headspace Tuggeranong can help you with:

Mental Health Supports - we have clinicians who can support you with mental health concerns.

Work & Study Supports - we have specialists who can support you areas that address work & or education barriers.

Physical & Sexual Health Supports - if you don't have a regular youth-friendly GP you see, we can help connect you with one.

Alcohol & Drug Support - you can access our AOD specialist for help related to yours or others alcohol & or drug use concerns.



did you know we run groups?

headspace Tuggeranong hold a number of therapeutic and social groups. Please ask your headspace staff member or our friendly reception team for further details on what is currently being offered.



about our Centre

Open Hours: Mon, Tues, Wed, Friday

8.45am-5.15pm & Thursdays 11am-7pm

Location: Level 1, 167 Soward Way, Greenway
ACT 2900

Access: The public have access to stairs or an elevator to enter headspace Tuggeranong on level 1.

Contact: Phone - 02 6298 2920

Email - info@headspacetuggeranong.org.au

Website - headspace.org.au/tuggeranong



no wrong door

Our team are here to help when things feel tough & we want you to get the best help you need as soon as possible. We have a "**no wrong door**" policy, which means if we're not the right fit, we'll make sure you're connected with the service that is.



headspace National resources

Create a headspace account:

head to the headspace website headspace.org.au to create an account to access FREE resources & supports.

eheadspace:

After creating a headspace account, you can chat online or on the phone with a trained mental health professional. It's all about support made simple & safe for young people like you!

Open Hours: 3pm-10pm, 7-days a week



MOST

MOST - additional mental health support

MOST is a safe online mental health service that personalise your therapy journey, tailored to you, with a moderated online community where you can chat with other young people



inform, advise, co-create - young people

Young people can participate in service activities and governance in a variety of ways - scan the QR code for more details



inform, advise, co-create - family

Family - no matter who you are, can participate in service activities and governance in a variety of ways - scan the QR code for more details



**need help
now?**

if you need emergency assistance:

IMPORTANT headspace is not a crisis service

If you require immediate support, help or medical assistance please contact:

Emergency Services - [000](tel:000)

Access Mental Health (ACT) - [1800 629 354](tel:1800629354)

Mental Health Line (NSW) - [1800 011 511](tel:1800011511)

Kids Helpline - [1800 551 800](tel:1800551800)

Lifeline - [13 11 104](tel:1311104)

Suicide Call Back Service - [1300 659 467](tel:1300659467)



what YRG have been doing...

YRG camp 2026

This year, the 6th Grand Pacific Health headspace 2026 YRG Camp was held in April at Camp Cottermouth.

We had the privilege of bringing together more than 70 YRG members for a weekend focused on connection, networking, training, and collaborative planning.

The weekend's program was supported by excellent weather and included a bonfire with smores, as well as a meaningful Welcome to Country and smoking ceremony on Friday evening. Saturday featured inspiring project planning sessions, with several local centres presenting showcases of their initiatives to other YRGs. We also took part in a Cultural Responsiveness workshop facilitated by one of our own YRG members in a peer-led learning space.

The camp finished with a trivia night and a staff panel discussion, where participants heard from staff members about their roles and experiences working in headspace, before everyone returned home on Sunday after a highly successful and engaging weekend.

Check out our video here: [GPH headspace YRG CAMP 2026](#)

Make sure you head to the Grand Pacific Health YouTube Channel for all camp videos



what YRC have been doing...

warriors basketball NAIDOC event

What a weekend of sport and community!

On Saturday, the headspace Tuggeranong and headspace Canberra teams were proud to attend the Warriors NAIDOC Basketball Tournament. It was fantastic to have staff and Youth Reference Group representatives from both centres working together to run the stall, connect with the community, and have important conversations with young athletes about mental health in sport.

Sport can be a powerful tool for wellbeing, but it's important to recognise that looking after your mental health is just as important as looking after your physical health. If you're a coach, club, school, or sporting organisation interested in learning more about supporting young people to balance both mental and physical wellbeing in sporting environments, we'd love to hear from you!



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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