

Issue No. 2
Apr | 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.



Wellbeing

In the first zine, we asked you what wellbeing means to you. The responses we collected told a story of wellbeing being different for everyone, of being kind to yourself, seeing your value and the value in others, and holding onto strength through imperfect days. To build on these positive vibes, we have worked with counsellors to bring you a strengths-based exercise.

A black line drawing of two hands holding a heart shape. The hands are positioned at the bottom corners, with fingers spread, and their wrists are connected by a horizontal line. The heart is formed by two curved lines meeting at a point at the bottom, creating a simple, stylized heart shape. The background is a solid light green color.

The following page is for
YOU

Design your Strengths Mirror

Sometimes it's easier for others to see our strengths than it is for us. This activity will help you notice the good others see in you.

Step 1: Ask someone you trust your strengths

Ask 2-3 people who know you well (friends, family, teammates and teachers)

You could ask them:

“What are 3 strengths you think I have?”

“What's something you think I'm really good at?”

“When have you seen me at my best?”

Step 2: Record their answers on the next page

Step 3: Reflect

Look over their answers

- Do any strengths show up more than once?
- Did any answers surprise you?
- Do their answers align with strengths you see in yourself?

Step 4: Put the next page somewhere visible.

Cut out the next page or take a photo. In the ebbs and flows of life, come back to it as a reminder of the strengths that others see in you and the positive influence you have on their lives.



Person 1:

Strengths they see in me:

-
-
-

Person 2:

Strengths they see in me:

-
-
-

Person 3:

Strengths they see in me:

-
-
-



Youth Week Events

Monday 13 April to Friday 24

April 2026



The Art of Community

Thu Apr 16th | 2:30 - 5pm | Free Entry |

 **The Junction Youth Health Service
(30 Scotts Crossing, Canberra, ACT)**

Join The Junction this Youth Week for an afternoon of creativity, reflection, and positive energy. Enjoy a relaxed art session led by a qualified art therapist in a friendly, inclusive space. No art experience is required. Free homemade pizza will be provided



**SCAN THE
QR TO RSVP**



Kooky Olympics

Wed Apr 15th | 2:30 - 4:30pm | Free entry |

 **Cungahlin Town Park, Cozzard
Street. Across from Big W**

Brought to you the Multicultural Hub, Kooky Olympics is back for the fourth year to celebrate our incredible young people in Canberra. This event is an opportunity to learn more about the diverse cultures that make Canberra a vibrant community through a number of different cultural games and challenges, win prizes, meet other organisations and have lots of fun!!



Rap for My Rights

Apr 17th | 2:30 - 5pm | Free entry |

 **Dickson Community Hall, next to Cafe
Stepping Stone**

To celebrate Youth Week, join Educacion Diversa to produce a rap song about your rights. Lunch is provided. Please ensure you can attend the entire workshop. There are limited spots so please register using the QR code.



Youth Fashion and Modelling Showcase

Sat Apr 18th | 5pm | Free entry |

 **48 Sandford St, Mitchell ACT 2911**

Brought to you by the Celebration of African Australians Inc, this event is a youth-led cultural initiative designed to empower young people—particularly those from African and multicultural backgrounds—through creative expression, confidence building, and community engagement. The showcase will feature young models presenting both traditional and contemporary African fashion, highlighting cultural identity, diversity, and artistic talent within our community.



Youth Interfaith and Multicultural Fair

Sat Apr 18th | 11am - 1pm | Free entry |

 **ACT Baha'i Centre, 18 Hickey Court, Weston**

The Canberra Interfaith Forum Youth Team is holding an interfaith and intercultural festival. Bringing together youth of different cultures and beliefs to celebrate the diversity of the Canberra community. Lunch will be provided. We invite people to please register to attend, and also volunteer to run a stall or perform at the event!



Creativity Con

Thu Apr 16th | 2 - 5pm | Free entry |

 **Mura Lanyon Youth and Community Centre, 22 Sidney Nolan St, Conder**

As part of Youth Week, Creativity Con is back and better than ever, we want to show off all the talents of young people in the ACT. Come along or a FREE sausage sizzle, live music, market stalls, arts and crafts, clothes swap and other youth service stalls, everyone is welcome! Please scan the QR code if you would like to host a market stall.



Sunset Festival

Thu Apr 16th | 3 - 6pm | Free entry |

 **Woden Skate Park - Eddison Park,
Launceston St, Phillip ACT 2606**

The Sunset Festival returns for its 9th Annual event to celebrate ACT Youth Week 2026. It is a FREE event for young people, children and their families. Free pizza and drinks, fun activities and entertainment. For more information, contact the Woden Youth Centre on Facebook. Strictly a drug- and alcohol-free event.



And now, two bonus events that are running on an ongoing basis....

Mental Health and Nature Exhibition

Mar 27th - May 17th | Free entry |

 **Generator Gallery, Belconnen Arts Centre, 118 Emu Bank, Belconnen**

Mental Health treatment is often viewed as a clinical activity, taking place within four walls. This exhibition challenges that narrow view to see your experience of nature as vital for mental health. Jennifer (Jenny) Adams has long term mental health disability and has been painting for over twenty years. This exhibition is her first solo in more than ten years. "Mental Health and Nature" offers Jenny the freedom to celebrate nature experienced locally in Canberra, in nearby farmland that has been returned to its natural environment and in other locations around Australia.

Background: *Arboretum View* by Jennifer Adams.

Illuminate exhibition

Now open | Included under general admission cost

 **Gallery 1 at Questacon, King Edward
Terrace, Canberra ACT 2600**

Light up your curiosity at Illuminate! Bend light, make music with sensors, and play with lenses across 13 hands-on exhibits. Fun, fast, and full of wow.



Please give feedback below about the ACT Youth Week events. Your feedback is valued and will be considered!

<https://forms.gle/QqrRpe8egUQv5Tui8>



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.



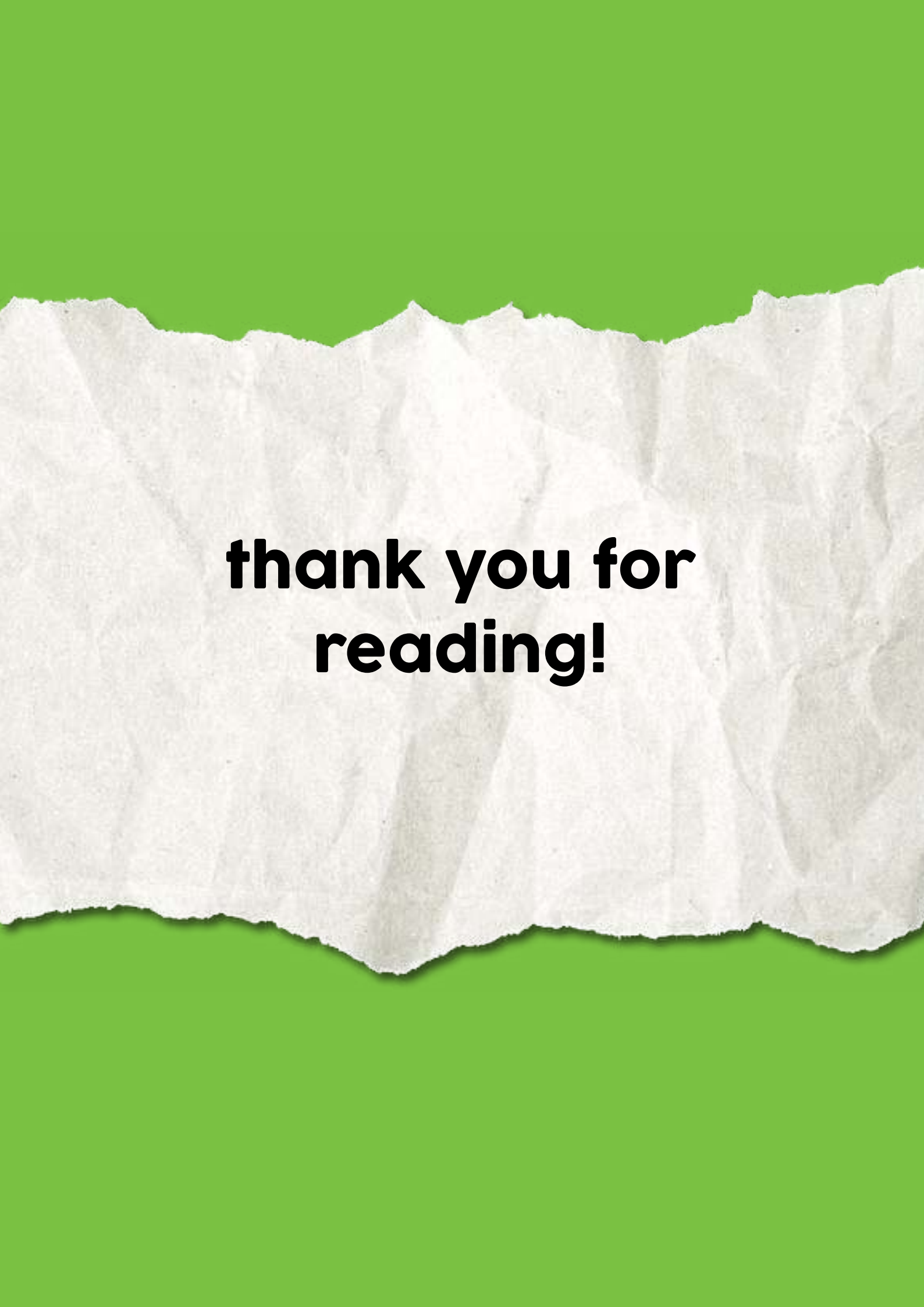
Who are the YRG?

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.

Who are the YRG?





**thank you for
reading!**



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