

what's on

headspace Batemans Bay March 2024

March is work & study month for headspace.

headspace Work & Study can help you get where you want to go with a range of support and advice. Through our online services, local headspace centres and mentoring, we can help you in everything from job searching, applications and starting a career to what, where and how to study.



headspace hangout at Moruya TAFE

Our team paid a visit to Moruya TAFE, providing information about work, study, and mental health to their students followed by the R U OK? Convoy.



Narooma Pool Party

We had so much fun at the Eurobodalla Youth Narooma Pool Party last week. Thank you everybody for coming out and having a chat to us, we loved meeting you.

coming up in April...

Youth Week April 2024

Join us at headspace Batemans Bay for an action-packed Youth Week from April 10-21!

13
Apr

Annual Youth Reference Group Camp

Catch us at the Annual Youth Reference Group (YRG) Camp in Berry, where we'll connect with other headspace YRGs.



Battle of the Bands

Don't miss our presence at the Eurobodalla Shire Council's Battle of the Bands on April 13th, where we'll be running the 'Chill Out Zone.'



Eat Well, Be Well workshop series

Engage in conversation with us at the Eat Well, Be Well workshop series on April 18th at SAGE gardens.

19
Apr

Youth Suicide Prevention Mural Launch

Wrap up Youth Week with us at the Hanging Rock Sports Complex for the launch of a Youth Suicide Prevention Mural, in partnership with the Bega Valley Eurobodalla Suicide Prevention Collaboration. See you there!

see you there!

new staff

headspace Batemans Bay welcomed two new team members in January.



**Sarah Smith
Manager**



**Maggie Aylmore
Community Engagement Officer**

headspace Batemans Bay welcomes both Sarah and Maggie to our team!



DBT skills group

for practical tools in mindfulness, emotional management and effective communication

If you're 16-25 and facing challenges like mood swings, intense emotions, impulsivity, decision-making troubles, or difficulty recognising emotions, join our DBT Skills Groups to build a life worth living.

sign up for one or multiple groups

group 1 commences Tuesday 29 April 2024 and runs for 10 weeks

group 1 will cover

- mindfulness
- distress tolerance
- emotional regulation

group 2 will commence in Term 3 and run for 6 weeks

group 2 will cover

- mindfulness
- communication and validation skills

Regular contact with a clinician inside or outside of headspace is a requirement during and after group sessions. Depending on capacity, headspace may be able to provide this for you.

spaces limited to 10 people

All expressing interest will be interviewed before acceptance.

where

Location: 1/11 Clyde Street, Batemans Bay

when

Time: Tuesdays 3-5pm

want to find our more or sign-up?

Email: info@headspacebatemansbay.org.au



Tuning in to Teens

Free Parenting Program

Join 'Tuning In to Teens,' a 6-week parenting program! Learn emotion coaching to boost your teen's emotional intelligence.

Develop skills in:

- Awareness and regulation of your own emotions
- Awareness of your teenagers' emotions
- Connecting emotionally and offering empathy
- Strategies for your teenager to verbally label and manage their emotions
- Collaborative problem-solving

when:

Wednesdays 9:30am-11:30am, 1st May-5th June

where

**1/11 Clyde Street,
headspace Batemans Bay**

Contact us to enrol



Call us

1800 718 383



Email us

info@headspacebatemansbay.org.au



Chat

You will be required to have a 15 minute conversation with our Family Worker.

about

We're a place where young people aged between 12 – 25 years who are going through a tough time can get support.

We provide a safe and confidential environment for young people to access free services across six areas:

- dietitian
- family therapist
- mental health services
- alcohol and other drugs services
- work and study support
- sexual health clinic

We are a free service - which means there will be no out of pocket cost to young people.

Additionally, our centre is wheelchair friendly, with easy access parking available to cater for every young person's needs.

how do I make a referral?

A young person can self-refer if they are over the age of 14 years old, or by a parent if they are between the age of 12-14 years old.

If you're a young person, or parent or guardian and would like to connect, please fill in the appointment form via the link

[Appointment Form](#)

Community members, organisations, GP's, schools etc. can refer a young person with their consent.

If you're an organisation, school, and or service provider etc. and would like to make a referral please fill in the referral form via the link.

[Referral Form](#)

what might happen at the first visit?

Your first visit may be in person, via zoom or on the phone.

At the first visit you will:

1. Complete a brief online survey
2. Complete a consent form with a headspace Youth Access Worker
3. Be given an opportunity to share what's been impacting their wellbeing and talk together about what goals they want to work on.



hours

Monday: 9:00am - 7:00pm
Tuesday: 9:00am - 6:00pm
Wednesday: 9:00am - 6:00pm
Thursday: 10:00am - 6:00pm
Friday: 9:00am - 5:00pm

Out of office appointments are available on request.

If you have any questions or require more information, call the Centre on 1800 718 383