

headspace Day – 11th October 2016

On Tuesday 11th October all of headspace will be celebrating the inaugural **headspace day**. This national day of awareness is about ensuring that every young person in Australia has access to youth-friendly mental health services no matter where they live. The day's theme is **Access all Areas** with young people encouraged to visit their local **headspace** centre or register online for an "Access All Areas" wristband and promote wearing their wristband through social media. [insert photo] At **headspace Bondi Junction** we will be providing a free breakfast outside the centre and in the afternoon will be roaming around Bondi Junction Westfield engaging with young people to answer the question "what does positive mental health mean to me?" Please encourage your students to visit us for a wristband and be involved on the day.



Free Dental Clinic – Thursday 13th October

A reminder that our *free* dental clinic will be open Thursday 13th October. Young people aged 12-25 are able to access this service for a teeth and gum check, visual screening of teeth, oral hygiene education and a free dental care option. It is a great service and we encourage all young people to access this service.

Youth Open Day – 12th November 2016

All young people, their family and friends are invited to our upcoming **Youth Open Day** held on **Saturday 12th November**, from 12pm. There will be art sessions, meditation workshops, therapy dogs to interact with, table tennis tournaments and yoga classes on throughout the day. We are providing a BBQ late-lunch from 4pm, an opportunity for young people, family and friends to visit **headspace Bondi Junction** and meet new people. We hope to see you there!

OPEN DAY

Saturday, 12 November 2016, 12pm

*The headspace Bondi Junction Youth Reference Group invites young people, their friends and families into our brilliant new centre to hang out with us for an afternoon of **FREE** fun and activities, including..*

ART SESSIONS
MEDITATION WORKSHOPS
THERAPY DOGS
TABLE TENNIS TOURNAMENTS
YOGA CLASSES

We also invite everyone to join us for a BBQ dinner from 4pm!
Location: headspace Bondi Junction centre, 20 Bronte Road, Bondi Junction, 2022 NSW. **Phone Number:** 9366 8800

Mental Health Month

October is Mental Health Month in NSW. This month's theme is **Learn and Grow**. It encourages us to learn more about looking after our mental health and wellbeing and use that knowledge to grow personally. Key dates are:

- 9th – 15th is Mental Health Week
- 10th is World Mental Health Day
- 11th is **headspace Day** – drop by the centre for breakfast (from 7.30), check out our facebook page, wear a wristband in support
- 26th Eastlakes "Celebrating Community Wellness" Mental Health Month event (drumming, yoga, pottery, gardening)
- 30th Mind the Music at aMBUSH Gallery in Central Park Mall from 2pm – 5pm (alcohol-free, all ages music event)

Where have we been? Since 17th August...

Schools & Uni:

- Clontarf Screening – a day for Aboriginal and Torres Strait Islander young people
- R U OK? Day visits to **UNSW Kensington** Colleges & faculty of Materials Science and Engineering
- **Marcellin College** – Year 10 students
- **Randwick Boys High School** – Years 7, 8, 9, 10 individually over two days for R U OK? Day

Community

- **Feel Good Fete @ Maroubra Junction**
- **UNSW Kensington Colleges RUOK day event**, **UNSW Stress Less Week stall**, talks to the Colleges and **UNSW School of Materials Science & Engineering**
- **RUOK Day stall** in front of the Centre
- **Community Day in the Park (Botany)**
- **Multicultural Fair @ Eastlakes**

If your school is interested in **headspace Bondi Junction** speaking to your students and/or staff we can tailor a package for your school, please contact headspacebondijunction@health.nsw.gov.au for a form. Please note these presentations are *free* and we are happy to visit your school on multiple occasions!

Community Open Day – July 2016

We would like to take this opportunity to again thank the services that visited our Open Day in July this year. This was a great way to put our centre on display and collaborate with other services so we can provide the best care to young people.

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| ❖ Waverley Police | ❖ Caretakers Cottage, Bondi | ❖ Acute Care Team, and inpatient services at Prince of Wales |
| ❖ Wayside Chapel & Chapel By The Sea | ❖ BreakThru | ❖ The Benevolent Society |
| ❖ RPA Inpatient Service | ❖ BOP – Beats on Patrol | ❖ Trapeze |
| ❖ Nuragili | ❖ Ted Noffs | ❖ Barnardos |
| ❖ Sydney Clinic, Bronte | ❖ St Vincents Hospital | ❖ Come in Centre |
| ❖ Maroubra Housing | ❖ Ability Links | ❖ Shopfront |
| ❖ Youth Off The Streets | ❖ Junction Neighbourhood Centre | ❖ Young Carer's NSW |
| ❖ Sydney Sexual Health | ❖ Waverley & Randwick Council | ❖ And other services that may not have been registered |
| ❖ Black Dog Institute | | |
| ❖ Coogee Medical Centre | | |
| ❖ Jewish House | | |



headspace

Aged 12 to 25? headspace can help with:

- general health
- mental health and wellbeing
- alcohol and other drugs
- education, employment and other services

headspace.org.au

headspace
Bondi Junction

20 Bronte Road
Bondi Junction NSW 2022
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headspace.org.au/bondijunction