



may newsletter

everything happening within our centre and the community at large for young people

special days in may

1

IDAHOBIT Day 17th

International Day Against Homophobia, Biphobia, Intersexism & Transphobia

2

Centre birthday

Join our 5th birthday celebration on the 30th at 10.30am

3

MH Awareness

It's mental health awareness month & we will be sharing our tips for a good MH

4

Reconciliation

From May 27th till June 3rd. The theme is "Be Brave. Make Change."



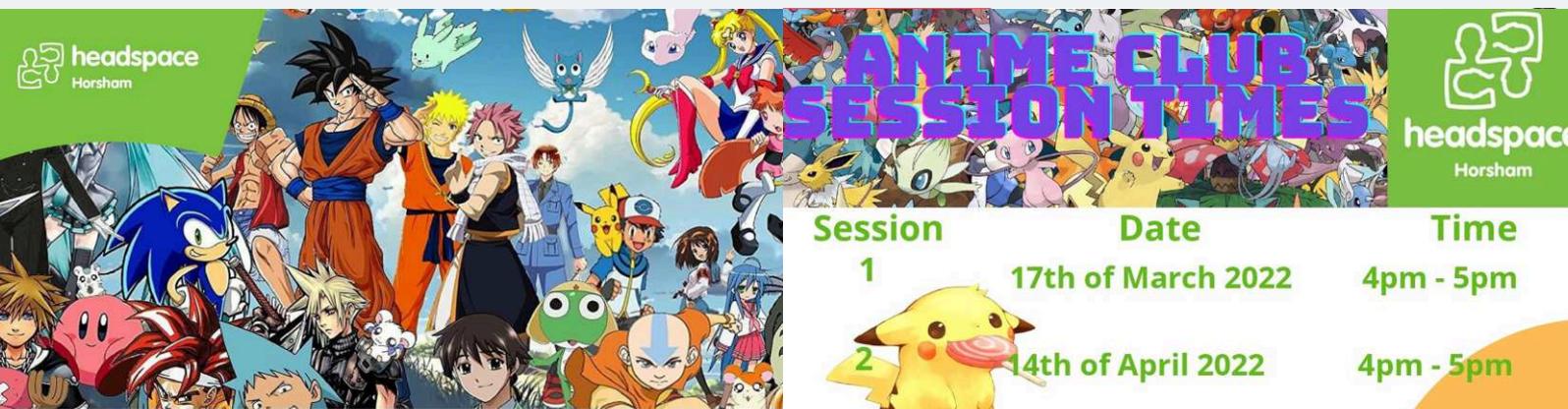
at headspace horsham, we understand the importance of feeling connected to others and having positive things to look forward to.

healthy relationships are important for our mental health and wellbeing. they can boost our energy, improve our sense of belonging, help us to relax and help us feel supported.

planning a catch-up, joining a club or participating in a safe online community can help you feel connected and to meet new people.

doing things you enjoy can help you to keep a healthy headspace.

here are some of the programs we run at headspace horsham!



Anime Club

headspace Horsham

Do you love anime and want to connect with other young people who also love anime?!

Well come along and join headspace Horsham's Anime Club!

Its open to all young people between the ages of 12-25 years old.

An anime club is a group of young people meeting monthly to discuss, show and promote anime in a local community setting and can also focus on broadening their Japanese/ Korean cultural understanding.

An anime club can also engage in other activities such as viewing anime/ kpop music videos, karaoke, cosplaying and reading manga.

To register your interest in this group please contact us.

Phone: 53811543
Email: info.headspacehorsham@vt.uniting.org

Session	Date	Time
1	17th of March 2022	4pm - 5pm
2	14th of April 2022	4pm - 5pm
3	19th of May 2022	4pm - 5pm
4	16th of June 2022	4pm - 5pm
5	14th of July 2022	4pm - 5pm
6	18th of August 2022	4pm - 5pm
7	15th of September 2022	4pm - 5pm
8	20th of October 2022	4pm - 5pm
9	17th of November 2022	4pm - 5pm
10	15th of December 2022	4pm - 5pm



Youth Reference Group

15-25 Y/O



The Youth Reference Group are Looking for New Members

Responsibilities and Benefits

- Support local headspace activities.
- Participate in meetings and be involved in the planning and the delivering in programs and events.
 - Act as a representative of headspace Horsham.
- Maintain regular contact with the group.
- Meet other young people passionate about youth mental health.
- Gain experience that can be added to resumes and create future opportunities.
- Receive training in mental health, alcohol and other drugs, media and other skills.
 - Become a community advocate for youth mental health.
- Develop a range of skills including working in groups, fundraising projects and independence.

what's on at headspace?

social group - do you struggle in social groups & communicating with others? then come along and join headspace Horsham's social group!!



what is social group?

during each session we will be learning how to communicate with others and how to feel comfortable in social groups while completing fun activities like cooking, board games, craft work and much more!

when is social group?

social group runs once a month on the first thursday of each month from 4.00pm till 5.00pm. It is held at the Wimmera Wellbeing Centre at 28 Urquhart street, Horsham.

Responsibilities & Benefits

- Participate in group activities and groups discussions
- Maintain regular contact with the group in person, via phone, facebook or email
- Meet other young people and create friendships
- Develop a range of communication skills and mental health techniques

Registration

To register your interest in this group please contact us on:
 - Phone: 5381 1543
 - Email: info.headspacehorsham@vt.uniting.org

social group

SOCIAL GROUP SESSION TIMES



<u>Date</u>	<u>Time</u>
3rd March 2022	4:00pm - 5:00pm
7th April 2022	4:00pm - 5:00pm
5th May 2022	4:00pm - 5:00pm
2nd June 2022	4:00pm - 5:00pm
7th July 2022	4:00pm - 5:00pm
4th August 2022	4:00pm - 5:00pm
1st September 2022	4:00pm - 5:00pm
6th October 2022	4:00pm - 5:00pm
3rd November 2022	4:00pm - 5:00pm
1st December 2022	4:00pm - 5:00pm

Location of each Social Group Sessions

28 Urquhart Street Wimmera Wellbeing Centre

To register for this program please email Cassandra.lefferv@vt.uniting.org



Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING

A FREE six session parenting program for parents and carers of young people

Learn how to:

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent.

Ask a headspace worker about the Tuning in to Teens™ program and other services this centre offers family and friends.

Taking expressions of interest for term 3 TINT program

headspace National Youth Mental Health Foundation
Established in 2012 by the Australian Government Department of Health



YA Book Club Sessions

headspace book club



young adult (12-17)
new adult (18-24)

If you or a young person you know is interested in sharing their love of books and finding like minded people, let us know by contacting us on info.headspacehorsham@vt.uniting.org calling us on 53811543 or messaging us on facebook or instagram.

"Books are a uniquely portable magic." — Stephen King

Date	Time	Book
Wednesday 30/03	4pm-5pm	'Tomorrow, When the War Began' by John Marsden
Wednesday 27/04	4pm-5pm	'The Fault in Our Stars' by John Green
Wednesday 25/05	4pm-5pm	'Heartstopper' by Alice Oseman
Wednesday 29/06	4pm-5pm	'The Maze Runner' by James Dashner
Wednesday 27/07	4pm-5pm	'The Book Thief' by Markus Zusack





ThursGAY!

Taking place on the last Thursday of every month, ThursGAY! is a social group for all queer and questioning people aged 12-25 y/o.

Details:
On the last Thursday of each month from 4pm-5.30pm based in Horsham and occurring once a month.
Contact us on 5381 1543 or info.headspacehorsham@vt.uniting.org for the location details and to RSVP



ThursGay! Session Times

Date	Time
Thursday 26/05	4pm-5.30pm
Thursday 30/06	4pm-5.30pm
Thursday 28/07	4pm-5pm
Thursday 25/08	4pm-5pm
Thursday 29/09	4pm-5pm

free to join

CALL 53811543 OR
EMAIL
INFO.HEADSPACEHORSHAM@VT.UNITING.ORG



VR program at headspace Horsham



headspace Horsham is committed to providing the best possible service to young people.

This is why we are implementing Virtual Reality as an additional therapeutic tool here at Horsham.

Individuals will have the opportunity to utilise the Virtual Reality system following meeting with one of our headspace clinicians. It can be incorporated into your session, or you may wish to come in earlier to try a virtual environment.

Benefits of VR:

- Accelerates therapeutic processes
- Eliminates imagination effort requirement
- Allows for customised sessions
- Provides greater privacy
- Research has identified results as less intrusive

Interested in trying out our VR program and gaining some helpful mental health & mindfulness strategies? Give us a call on 5381 1543 or email at info.headspacehorsham@vt.uniting.org

self care tips for may

1

exercise

make time for yourself and engage in some physical exercise.

2

get a massage

take time out just for you at least once this month, like getting a massage.

3

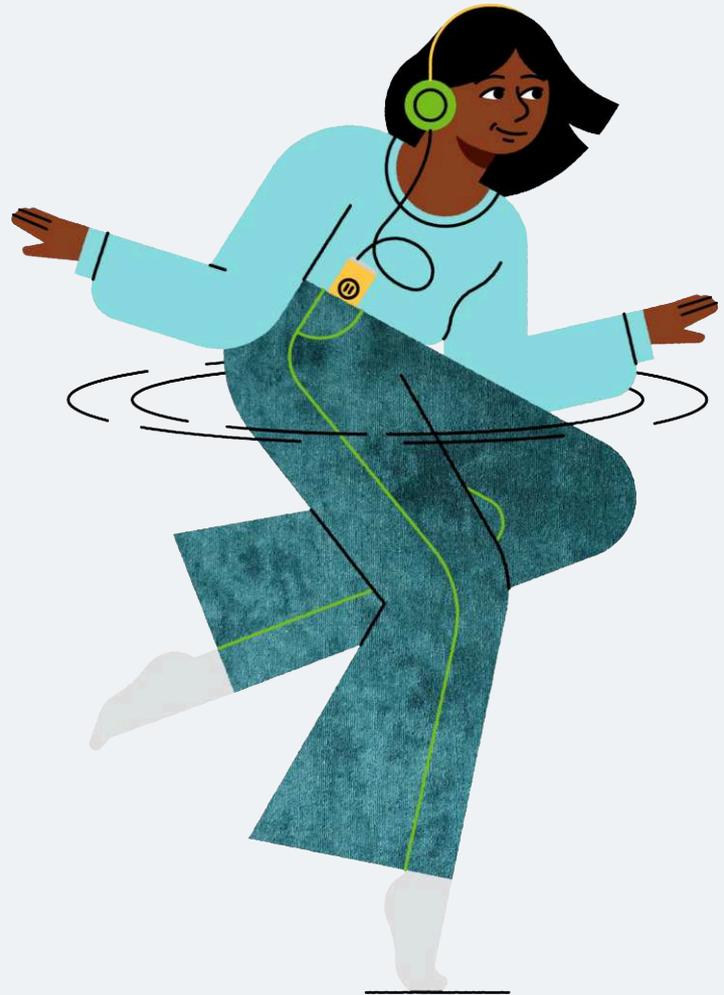
declutter

if something doesn't bring you joy, shed it out of your life to make space for new

4

boundaries

no is a full sentence. boundaries are to protect and help yourself.



when things get tough it can help to talk to someone. headspace horsham is a good place to start.

where to find support:

many things contribute to someone mental health. that's why, at headspace Horsham, we provide information, social opportunities, support and services to young people. we offer appointments in centre 1-on-1 with trained mental health clinicians, or also via telehealth or phone services.

ehespace also has a range of ways to support young people, with online or phone services available. they are open 9am to 1am, 7 days a week for 1-on-1 chats with trained clinicians. it's a confidential, free and a safe space to talk about what's going on. for more information you can visit <https://headspace.org.au/online-and-phone-support/connect-with-us/>



- Web chat at **ehespace.org.au**
- Calling ehespace on **1800 650 890**

ehespace supports young people aged 12 to 25 years who are going through a tough time with instant message chats, phone calls or telehealth calls

IDAHOBIT DAY AT HEADSPACE HORSHAM

OUR IDAHOBIT EVENT IS HAPPENING ON TUESDAY 17TH OF MAY FROM 9AM TILL 5PM AT THE HEADSPACE HORSHAM CENTRE



- RAINBOW MORNING TEA (FRUIT SALAD, RAINBOW DRINKS, ETC)
- RAINBOW FACE PAINTING
- SIDE WALK CHALK CREATIVITY HELPS US COLOUR THE FOOTPATH RAINBOW!
- LGBTQIA+ GOODY BAGS & MORE!!

JOIN US FOR A POP OF FUN, LGBTQIA+ YOUNG PEOPLE AND ALLIES WELCOME

For more info about the event, contact us on 5381 1543 or email at info.headspacehorsham@vt.uniting.org



BOOK FAIR

Open on 1st Saturday of each Month

10am - 4pm

In the old Nhill Nursery building, next to Lowana Victoria Street, Nhill

ALL BOOKS \$1.00

Donations of books welcome call Kay Scott on 0428 512 730.



HINDMARSH SHIRE LIBRARIES

STORY COMPETITION GROWING UP IN HINDMARSH

Have you got a story to tell from your time growing up in Hindmarsh?

If so, we encourage you to share your story of *Growing up in Hindmarsh*.

All mediums accepted - pen and paper, oral tradition, through film, through art, or through craft.

Your story of Growing up in Hindmarsh can be presented in any way that takes your fancy and tells your story.

The competition is open to all age groups, from primary school and high school students, to open age categories.

Judging will occur with a winner from each town selected. Winners prize packs include a copy of *Growing up in Country Australia*, edited by Rick Morton.

Hindmarsh Shire Libraries will also be collating entries in all formats, and putting them together into an Anthology, for the community to see and share.

The competition opens Friday 29 April and closes Friday 17 June 2022. Winners will be announced by the end of June 2022. See our website for further details

www.hindmarsh.vic.gov.au/growing-up-in-hindmarsh-competition

Active Farmers Group Fitness Classes



When: Mondays 6.00pm - 6.45pm
Where: Anzac Park, Scott St, Warracknabeal
Who: The entire male community is invited!

For more information please contact Justin Knorpp on 0429 941 083 www.activefarmers.com.au

CHAPLAINCY BOOK FAIR

Fri 27 May 12 noon - 9pm
 Sat 28 May 9am - noon
 Maroske Hall, Dimboola Road
 Books \$1 Children's books 50c

GROKKE P-12 COLLEGE PRESENTS

Fright Night!

BBO, drinks and snack bar available Strictly no BYO

Spooky dress ups encouraged!

SHOWING

6.30pm - Coco (PG)
 8.30pm - Zombieland (MA)

Goroke Showgrounds
 Gates open at 6:00pm

Friday May 20th

This is a FReeZA event



DUNGEONS & DRAGONS



Running Sundays
from
12pm - 6pm

42 Sloane St / 5358 3500
/ office@snhlc.org.au



Step into Self-Care

Join in a chat at the Stawell Neighbourhood House to discuss various aspects of self-care at **9AM on Tuesday mornings**, then join in for a leisurely stroll around Cato Park at **10AM** - if wet, exercise will be held indoors.
Topics include:

- Understanding the importance of self-care
- Mindfulness
- Gratitude practices
- Sensory activation
- Sleep hygiene
- Benefits of developing healthy habits
- Social engagement... and many more.



Writers Group

Whether you have a story that needs telling, discuss techniques, or just want to share your creative process with others, then this group is for you!

When: Second Friday of every Month

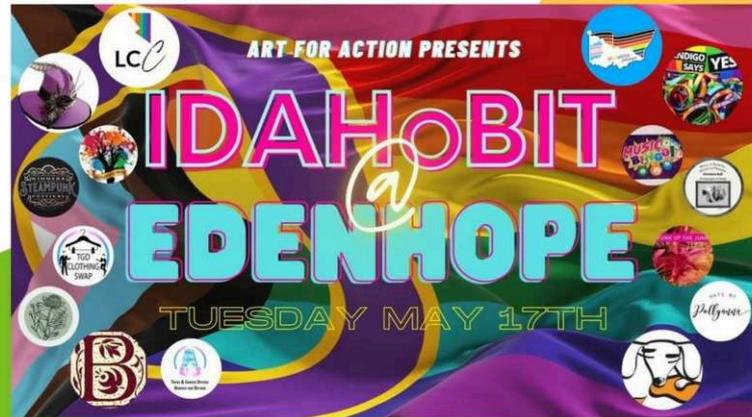
Where: 42 Sloane Street, Stawell VIC 3380

Time: 10AM - 11AM

Ph: (03) 5358 3500

"THE FIRST DRAFT IS JUST YOU TELLING YOURSELF THE STORY."

TERRY PRATCHETT



An invitation for a celebration of community, art, love, kindness, compassion, and remembrance.

All things rainbow will begin from our IDAHOBIT Hub!

OPEN MAY 17TH, 10AM - 4PM

@ Edenhope & District Community Centre
76 Elizabeth Street, Edenhope VIC 3318

6:00PM | A candlelit dusk vigil will take place at the pier of Lake Wallace.

The vigil will be set amongst an art installation donated by Funk Up the Junk Artist Nichola Clarke & Wimmera Steampunk Festival.

Join at the evening entertainment kicks off at 7:00PM at Lake Wallace Hotel, Edenhope.

7:00PM - 7:45PM | Queer As... Spoken Word Poetry

8:00PM - Late | TEQUEERLA HONEYS feat. drag queens ANITA SERVICE, AURORA ARSENIC, & POISONED EVY!



Annual Gemstone & Mineral Exhibition

Saturday 14th & Sunday 15th May 2022

H.D.L.C. Clubrooms
24 Roberts Ave, Horsham

Opening Times:
Saturday – 10am to 5pm
Sunday – 10am to 4pm



DEMONSTRATIONS:

- GEM FACETING
- SILVERSMITHING
- JEWELLERY CLEANING
- OPAL CUTTING
- METAL DETECTING DISPLAY & SALES
- GEMS, JEWELLERY & NOVELTY STALLS



Children's Workshop:

- Working with gemstones! Both days 1.30pm to 2.30pm – Bookings Essential. Email prior to book. Cost \$5.00 per child.
- Fossilick for gemstones in our sand pit!
- Lucky Dips & Pet rocks

ENQUIRIES: HORSHAM.LAPIDARY@GMAIL.COM
*COVID SAFE EVENT – CURRENT RULES APPLY

General Entry \$5
Raffle Prizes
U14's FREE

[/Horshamlapidary](https://www.facebook.com/Horshamlapidary)



Connect & play

Parents' playgroup.

Come along:

For young parents 25 and under.

Join us to connect with other parents, while your children participate in our fun activities.

Activities will include:

- Outdoor play in our water-play and mud kitchen area
- Sensory play & messy play
- Parenting skills and development workshops
- Arts & crafts
- Cooking & nutrition workshops
- And much more!

Afternoon tea provided, Subject to current Covid restrictions

When:
Held weekly, during school term

Venue:
Wimmera Wellbeing Centre
28 Urquhart St, Horsham

Cost:
Free

Get in touch:
T 03 5362 4000

Uniting



headspace Horshams 5th Birthday Celebration

WHEN: 30TH OF MAY
10:30AM - 12PM

You are invited to the headspace Horsham office for a special morning tea to get to know the wonderful headspace staff and the amazing work they have done over the past 5 years

RSVP to email info.headspacehorsham@vt.uniting.org or phone 5381 1543

may chats

Led by clinicians, these chats bring young people, friends, and family together and explore topics that are important to the community.

Does your young person self harm?
[Thursday 5 May 2022, 7-8pm AEST](#)

My superpower is sleep
[Sunday 15 May 2022, 7-8pm AEST](#)

Study support and tips
[Wednesday 18 May 2022, 7-8pm AEST](#)

Looming guilt & regret
[Thursday 24 May 2022, 7-8pm AEST](#)

Check out and register for the chats by scanning the QR code below.

