

If you would like to sign up to one or more of our groups, or just would like some more information. Feel free to call, email or visit us at our building to talk to one of our friendly staff members.



4799 1799



Youthheadspace@naphl.com.au



2 - 14 Sporting Drive Riverway



Find us on facebook for what's on when.

The headspace building is located at
Riverway in Pioneer Park. You can find the
building across the road from MITRE 10
between the skate park and giant spider
statue!











# **Social Groups**

#### Rainbow

12 - 25 years old?

Do you identify as gay, lesbian, bisexual, transgender?

Maybe just questioning the whole sexuality thing...?

Rainbow Group might be for you.

A relaxed social space to get to know other young people in a safe and inclusive environment.

Thursday fortnightly 5.30 - 7.30pm

#### **Smile**

Smile is a group for young women 15—25.

It's a safe and friendly space to get to know others.

We connect with our local community to bring you guest speakers to support your health and wellbeing.

Tuesday fortnights 5.30—7.30pm

## Men's Group

Are you aged between 16 & 25??

Want some support or just plain bored!!

Like to have fun and meet new mates!!

Then why not come to the men's group

Wednesday fortnights 5:30 - 7:30pm

## **Deadly Drawing**

Are you aged 12-17 and enjoy doodling?

Do you always have a pen or pencil in your hand?

Like to share your skills and learn some new ones?

Yes?

Then why not come along to

**Deadly Drawing at headspace!** 

Thursday fortnights 3.30 –5.00pm

### **OpenSpace**

Would you like to meet a few new people your age? Do you like spending your afternoons socialising? Well OpenSpace is perfect for you!

OpenSpace is a group for young people both males and females between the ages of 12 to 15 years old. OpenSpace is all about creating an open and friendly space for young people to meet like minded peers and enjoy building new friendships.

Thursday fortnights 3:30-5:00pm







