

headspace Narre Warren & headspace Dandenong Summer Holiday and Term 1 2016 Activities



In addition to counseling services, **headspace** provides support to young people aged 12-25, their families and support networks through education based resources and activities which improve mental health literacy, encouraging early help seeking and promoting headspace services within the municipalities of: City of Casey; City of Greater Dandenong; and Cardinia Shire Council. Note: our ability to meet your support requirements will be based on the availability of staff and resources.

Holiday activities:

	Focus	Criteria	Location	Dates	Cost	More information
Artspace	Creative arts focused activities aimed at encouraging young people to share their skills and passion for arts in areas such as: sketching; painting; jewelry making etc	Aged 12 to 25 years old	headspace Narre Warren	Wed 6 th Jan 1:30-3pm Wed 20 th Jan 1:30-3pm	FREE. This includes art materials and snack foods	Contact Jac on 1800 367 968 or email j.grose@headspacenarre.com.au Click on the flyer here

Term 1 Programs:

	Focus	Criteria	Location/s	Duration	Dates	Cost	More information
'My FRIENDS Youth Skills for Life' program	Develop positive coping skills, build resilience and confidence	Aged 12-17 years old and committed to attending all program sessions	headspace Narre Warren	9 two hour workshops over 9 weeks	Start date: Tue 2 nd Feb Finish date: Tue 22 nd March 4:30pm – 6:30pm	Free – includes snacks and manual	1800 367 968 or click on the flyer here
			headspace Dandenong	10 two hour workshops	Start date: Thurs 28 th Jan Finish date: Thurs 20 th April 4:30pm – 6:30pm	Free - includes snacks and manual	1800 367 968 or click on the flyer here
Artspace	Creative arts focused activities aimed at encouraging young people to share their skills and passion for arts in areas such as: sketching; painting; jewelry making	Aged 12 to 25 years old	headspace Narre Warren	Wed fortnightly during term 1 school dates	Start date: Wed 3 rd Feb Last date: Wed 16 th March 4:00pm – 5:30pm	Free - includes snacks and art materials	Contact Jac on 1800 367 968 or email j.grose@headspacenarre.com.au
			headspace Dandenong	Wed fortnightly during term 1 school dates	Start date: Wed 27 th Jan Last date: Wed 23 rd March 1:30pm – 3:00pm	Free - includes snacks and art materials	Contact Jac on 1800 367 968 or email j.grose@headspacenarre.com.au

headspace resources:

headspace resource kits (USB)	Focus	Criteria	Cost	More information
<ul style="list-style-type: none"> •Mental health fact sheets •Translated fact sheets •headspace service brochures •headspace mental health posters 	Assist support networks to meet the mental health needs of youth by providing education resources and information on how to access headspace services	Resource kits are available to schools, community service providers, general practices and sports clubs	Free – one resource per site	To request a resource kit call: 1800 367 968 or complete and return the request form here

Training delivered by headspace:

	Focus	Criteria	Location/s	Duration	Date/s	Cost	More information
'My FRIENDS Youth Skills for Life' program – Facilitator Training	Train facilitators to deliver the My FRIENDS Youth program, a program which focusses on developing positive coping skills, building resilience and confidence	Teachers, Youth Workers or Volunteers working with young people aged 12-17 years old	headspace Narre Warren, headspace Dandenong and school venues	1 full day (7 hours) or 2 half days (3.5 hours each)	Training dates yet to be confirmed for term 1 and 2	\$50 Includes lunch and training manuals	For more information or to express your interest call: 1800 367 968 or click on the flyer here
	Focus	Criteria	Location/s	Duration	Date/s	Cost	More information
Youth Mental Health First Aid Training	Gives Adults or Workers the tools to identify when young people are developing a mental health issue and what steps they may need to take in a mental health crisis.	Teachers, sports coaches, youth workers, receptionists and volunteers working with adolescents	headspace Narre Warren, headspace Dandenong and school venues	2 full days (14 hours) or 4 half days (3.5 hours each)	Training dates yet to be confirmed for term 1 and 2	\$200 Includes lunch and course materials	For more information or to express your interest call: 1800 367 968 or click on the flyer here
	Focus	Criteria	Location/s	Duration	Date/s	Cost	More information
School Refusal Training	Provide school wellbeing staff with strategies and resources to assist them when responding to school refusing behaviors	School wellbeing staff, including grade 6 primary school teaching and wellbeing staff	headspace Narre Warren	One half day (3.5 hours)	Training dates yet to be confirmed for term 1 and 2	\$50 Includes manual morning or afternoon tea	For more information or to express your interest call: 1800 367 968 or click on the flyer here

Presentations:

Schools, youth programs & sports clubs	Focus	Time	Location/s	Cost	More information
<ul style="list-style-type: none"> • Tips for a healthy headspace • Party safe • Bullying • School transitioning (primary to secondary school) 	Deliver interactive presentations which develop positive coping skills, respectful relationships and what support is available	30-45 mins	headspace is more than happy to deliver our presentation/s at your school, program venue or sports club.	Free	To arrange a headspace presentation call: 1800 367 968 or email requests@headspacenarre.com.au
Service provider	Focus	Duration	Location/s	Cost	More information
<ul style="list-style-type: none"> • Introduction to your local headspace services 	Provide information about headspace services, programs and how to refer clients	15-30 mins	headspace is more than happy to deliver our presentations at your school, service, club or practice.	Free	To arrange a headspace presentation call: 1800 367 968 or email or email requests@headspacenarre.com.au