

Headspace Katoomba Events and Activities

<https://headspace.org.au/headspace-centres/katoomba/>

Beginner Karate Sessions

Monday, 14 April 2025

GKR Karate (Next to headspace Katoomba, 35 Waratah St)

Session 1: 2:00 – 2:45 PM (Ages 12-16)

Session 2: 3:00 – 3:45 PM (Ages 17-25)

Improve strength, coordination & focus

Relieve stress & boost confidence

A great activity for the whole family!

RSVP: headspacekatoomba@uniting.org | 1800 478 626

Youth Week 2025 – Lawson Skatepark Event

Wednesday, 16 April 2025

 **12:00 – 4:00 PM (Set up from 10:30 AM, pack up at 5:00 PM)**

Lawson Skatepark

What's On?

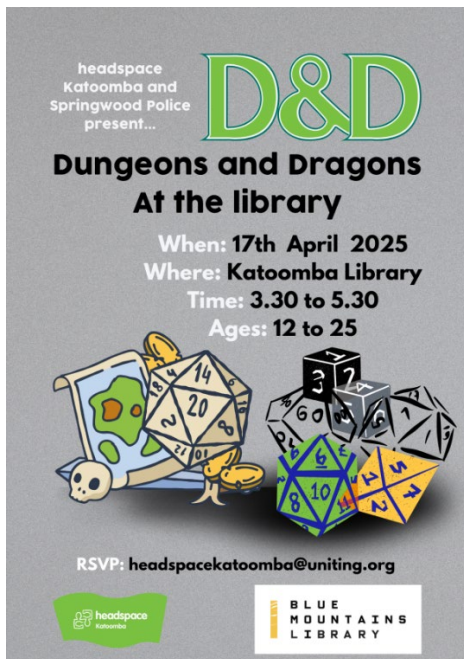
Skate, Scooter & Bike Competition

Battle of the Music Artists (Bands, Solo, Rap & more)

Street Art Pop-Up Wall

Free Food

headspace Katoomba is proudly partnering with **MYST** and other local organisations.



Dungeons & Dragons with headspace & Springwood Police

Thursday, 17 April 2025

 **3:30 – 5:30 PM**

Katoomba Library

Ages 12-25

Roll the dice, embark on an adventure, and have a great time with friends!

RSVP: headspacekatoomba@uniting.org

headspace Katoomba Open Day!

Wednesday, 23 April 2025

 **2:30 – 4:30 PM**

headspace Katoomba, 37 Waratah St

Join us for:

- Fun Scavenger Hunt to explore our space
- Meet the team & learn about our services
- Enjoy delicious snacks
- Celebrate our new redesign!

Whether you're a young person, service provider, or support someone who is – we'd love to see you there!

More info: headspacekatoomba@uniting.org | **1800 478 626**