

Community Newsletter

headspace Elsternwick/Bentleigh

Term 2 2024

when can I ...?

**see a private clinician
(MHCP required)?**



**within 3
weeks**

**speak to the
intake team?**



**1-2 business days
from initial contact**

**have a single session
(session-by-session
program)?**



within 1-2 days

community awareness

We're in a vodcast (video/podcast?!). Some of our lovely clinicians dropped in to Glen Eira Youth Services to join a podcast with young people from Youth Voice.

We chatted about all things headspace and youth mental health, so stay tuned for the release of the series!



opportunities

We are currently offering the following workshops:

stress management

healthy headspace

looking out for friends

- We may be able to create bespoke presentations depending on your needs.
- We have lots of print resources available, including posters and information pamphlets.
- Support with school awareness and wellbeing days e.g. headspace stalls.

For enquiries and bookings, contact Sophie at s.sjostrom@alfred.org.au.



new workshop!

Vic and Sophie are now trained and ready to deliver Body Project workshops in schools!

Body Project Australia is a dissonance-based early intervention program for young people aged 14-18 who identify as female and experience body dissatisfaction or body image concerns.

If this is of interest, please see the attached flyer and reach out to Sophie!

the push-up challenge is back!

We're excited to be a beneficiary of The Push-Up Challenge this year! Complete 3,249 push-ups from 5 – 28 June in support of headspace Elsternwick and Bentleigh provide much-needed resources for young people at our centres.

Want to know more? Check out the attached flyer for more information.

youth advisory committee

Next meeting: Thurs 2nd May

We've been very busy planning YAC events for this year! Although not finalised, through strong youth-led processes we've drafted up activities such as:

- Arts and crafts workshops
- Queer cinema night and zine launch
- Life skills workshops
- Social groups for young people who have recently moved to Australia

Keep an eye on our socials @headspace.elsternwick for when these will be running!

Recruitment for the Elsternwick YAC has opened!

If you know a young person aged 16 to 25, who is passionate about mental health and issues impacting young people, and want to join an amazing team of like-minded advocates, joining the YAC might be for them! Find the application form [here](#).



headspace.elsternwick
headspace_bentleigh

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