

# What's on at headspace

## May 2026

headspace groups and services are open to anyone 12-25 years of age (some groups are for their families/carers). We welcome young people of any culture, ethnicity, sex, sexuality, race, gender or disability.

■ Nurses available Monday & Tuesday by appointment only.



headspace  
Morwell



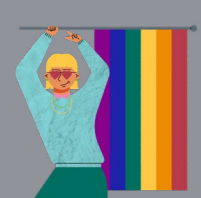
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Geek Club</b> 5pm - 6.30pm	<b>GP appointments</b> 9:15am – 4pm (must book) <b>Chat to a Centrelink worker</b> 10am - 12pm (must book) <b>Chat to alcohol/other drug worker</b> 2pm - 4pm	<b>1</b>
<b>Healthy parents healthy babies</b> 1pm - 5pm (by appointment) <b>4</b>	<b>Make, Create &amp; Relate</b> 4pm - 5.30pm <b>5</b>	<b>6</b>	<b>GP appointments</b> 9:15am – 4pm (must book) <b>7</b> <b>Chat to a Centrelink worker</b> 10am - 12pm (must book) <b>Chat to alcohol/other drug worker</b> 2pm - 4pm	<b>8</b>
<b>Healthy parents healthy babies</b> 1pm - 5pm (by appointment) <b>11</b>	<b>12</b>	<b>Geek Club</b> 5pm - 6.30pm <b>13</b>	<b>GP appointments</b> 9:15am – 4pm (must book) <b>14</b> <b>Chat to a Centrelink worker</b> 10am - 12pm (must book) <b>Chat to alcohol/other drug worker</b> 2pm - 4pm	<b>15</b>
<b>Healthy parents healthy babies</b> 1pm - 5pm (by appointment) <b>18</b>	<b>Make, Create &amp; Relate</b> 4pm - 5.30pm <b>19</b>	<b>Whatever group</b> 5pm - 7pm <b>20</b>	<b>GP appointments</b> 9:15am – 4pm (must book) <b>21</b> <b>Chat to a Centrelink worker</b> 10am - 12pm (must book) <b>Chat to alcohol/other drug worker</b> 2pm - 4pm	<b>22</b>
<b>Healthy parents healthy babies</b> 1pm - 5pm (by appointment) <b>25</b>	<b>Dietician walk-in clinic</b> 9am - 12.30pm <b>26</b>	<b>Geek Club</b> 5pm - 6.30pm <b>27</b>	<b>GP appointments</b> 9:15am – 4pm (must book) <b>28</b> <b>Chat to a Centrelink worker</b> 10am - 12pm (must book) <b>Chat to alcohol/other drug worker</b> 2pm - 4pm	<b>29</b>



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# Workshops and activities **May 2026**

## Groups



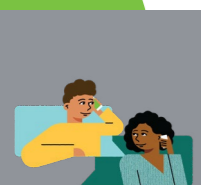
### Whatever! LGBTQIA + social group

- Meet other local LGBTQIA+ young people and allies.
- A safe space to figure out your identity.
- Skills and education about common LGBTQIA+ experiences.



### headspace Heroes

- Play dungeons and dragons with a supportive group.
- Make friends and have fun.
- Improve your social skills.
- Build confidence and learn how to run your own adventures as a volunteer.



### Youth Reference Group (16-25 years)

- Volunteer behind the scenes, give back, and make friends.
- Tell us what young people are asking for and needing in our community.
- Help run and organise events and presentations.



### Geek Club

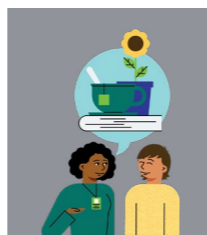
- Hang out and make new friends with other young people who share your passion for video games, anime, manga, tabletop rpgs, superheroes, and any other fandom you may be a part of.
- Play games and other activities, freely talk about your interests and share them with other members.



### Create, Make & Relate

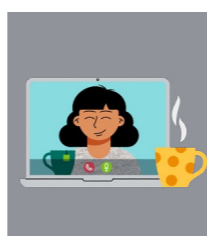
- Meet and socialise with others who share your creative passions.
- Get education and practical skills around mental health, hygiene, health eating and drinking and sexual health.

## Supports



### Drop in and chat to an AOD (Alcohol and Other Drugs) worker

- Have a confidential one-on-one chat with an AOD worker.
- Get support if you are unsure about your or a friend's safety or wellbeing due to drinking/drug use.



### eheadspace online

- Free online psychology, counselling, groups, resources, workshops, and more.
- Make an eheadspace account online at [headspace.org.au/register/](https://headspace.org.au/register/)



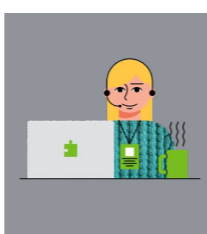
### See a nurse and/or sexual health nurse

- Receive education and information about everyday health concerns.
- Get advice about healthy relationships, contraception, safe sex, prenatal and postnatal health, and much more!



### See a dietician

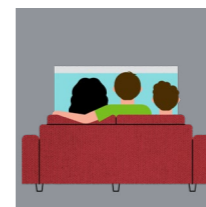
- Drop in and have a confidential chat with a dietician.
- Receive education and information about nutrition.



### Chat to a Centerlink worker

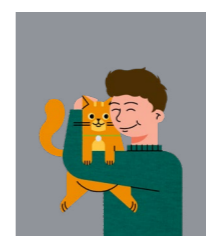
- Get current advice and support to help navigate Centrelink.
- See if you are eligible, to claim, report, or resolve any issues you are having with Centrelink.

## For families, parents and carers



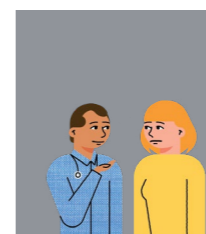
### Tuning Into Kids, Tuning Into Teens

- Practical skills and support for family and/or carers.
- Learn about supporting your young person.
- Create better connections with your young person.



### Kids Connect (0-18 years)

- Get skills and education to help support your young person's emotional and mental wellbeing.
- One-on-one sessions.



### Healthy Parents, Health Babies

- Support and practical resources during pregnancy and for new parents.
- Improve the health and wellbeing of new parents and babies.

**For more info, or to book in with a counsellor, nurse or doctor call 5136 8300 or email: [info@headspace.org.au](mailto:info@headspace.org.au)**

See calendar for times and days, subject to change. COVID-19 restrictions may prevent in-person groups, however we offer online alternatives as required.

