

Workshops and events!



Here are just a few of the workshops, activities and events headspace Gympie can offer at no cost to your school or workplace.



social skills!

Social Skills is a face to face group program for young people aged 12-18. Young people have the chance to develop their social skills, self-awareness, and build meaningful connections. Duration: 3x 1 hr sessions, over three weeks.



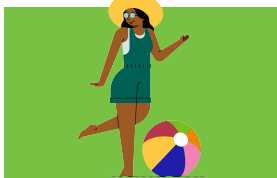
own your feed!

Own your feed is a 50 minute workshop designed to engage and educate young people aged 12-18 on social media literacy, cyber safety and appropriate cyber support available including the esafety commissioner. Duration: 1 hr session



tailored workshops

At your request- headspace Gympie provides custom workshops and programs for young people aged 12-25 and their family and friends. Our focus is on meeting their specific needs and ensuring we cater to them effectively.



mental health awareness events!

We're passionate about mental health awareness and can't wait to join your crew at your next community event. We could pop in during NAIDOC Week, Mental Health Week, Youth Week, or other special occasions!



workshop and events requests!

To submit your requests, kindly fill out the "workshop/event request form" and direct it to [headspace Gympie Reception at \[hsgreception@youturn.org.au\]\(mailto:hsgreception@youturn.org.au\)](mailto:hsgreception@youturn.org.au). We are excited to collaborate with your team and the young people of the Gympie community!