



Program of Events

headspace Berri's

10th Birthday

9 October 2018

2 till 7 pm

Join us for a FREE
afternoon of games,
activities and food to
celebrate our 10th
Birthday.

headspace Berri
3 Riverview Drive
Berri

headspace National Youth Mental Health Foundation and is funded
by the Australian Government Department of Health.

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Program of Events

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Berri

On the Riverfront

1 Face Painting

Han, Jess and Yas are joining our celebration to entertain us all with FREE face painting.
2.00pm - 4.00pm

2 Yoghurt Bar

Get creative and make your own yoghurt masterpiece, yum!
2.00pm - 4.00pm

3 Chill Zone

Relax with some colouring in or grab a yoga mat or bean bag and treat yourself to some chill time.
2.00pm - 4.00pm

4 Lawn Games: Jenga, Connect 4 & Musical Statues

Head on over and give the games on the lawn a go!
2.00pm - 4.00pm

5 Stress Ball Making

De-stress and have a go at making your own stress balls.
2.00pm - 4.00pm

6 Mindfulness: Mind with Heart

Join Barb on the riverfront for some guided mindfulness practice.
3.30pm - 4.00pm

2 till **3.30** pm

**Afternoon Tea
including food
and drinks will
be available**



FocusOne
Health



Engaged Responsive vOices

All welcome to
join us for
formalities,
Birthday Cake
and party games

at **4** pm

In the Centre

1 Createspace

Make your own Dream Catcher, SuperhERO Mask or have a go at Zine Making (combining poetry, sketching, collage, cut-ups and creative writing).

2.00pm - 3.30pm

2 Game Zone

For the gamers, grab a controller and join the fun on the Wii in the games room.

2.00pm - 4.00pm

5.00pm - 7.00pm

3 Art Gallery

Be sure to view the art work by talented young Riverlanders on display in the centre.

2.00pm - 4.00pm

7 Drumming Workshop

Join Rhythmic Drumming Riverland for a fun mindful drumming session. Be sure to book your spot.

5.45pm - 7.00pm

4 Readspace

Visit our reading nook and book exchange. Choose a book to take away or take time to chill out in the reading space.

2.00pm - 4.00pm

5.00pm - 7.00pm

5 Festival Make-up

Add some glam and sparkle with Freelance MakeUp By Rochelle.

2.00pm - 4.00pm

6 Guided Centre Tour

Let staff and members from the hERO group take you on a tour of our facilities. Tours commence 1/2 hourly.

2.00pm, 2.30pm, 3.00pm,

3.30pm & 5.00pm



**Lucky door prize
kindly donated by
Berri Job Prospects**

Current Programs at: headspace Berri

LAUNCHING READSPACE

A LIBRARY FOR BOOK LOVERS TO SHARE AND SWAP THEIR BOOKS.

SIMPLY BORROW ANY BOOK (S) YOU'D LIKE TO READ AND LEAVE ANY PRE-ENJOYED BOOK FOR OTHERS TO ENJOY.

THERE IS NO CHARGE FOR THIS AMAZING SERVICE!

PICK READ SWAP

An initiative of headspace Berri's 2018 hERO Group

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LGBTIQ+

- Are you aged between 16-25 years old?
- Are you someone that identifies as lesbian, gay, bisexual, transgender, intersex, queer or questioning?
- Are you questioning your sexuality or gender identity?

headspace Berri are working to provide young people with a safe space to talk about sexuality and gender without fear of being judged or criticised.

Contact Prue or Amanda from headspace on 08 8582 4422 or email akemp@focuseonehealth.com.au for information regarding times and dates or for a chat about coming along to our group.

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SCRIPTSPACE

a screen and play writing group

Have you ever wanted to write a play or give script writing a go?
Open to all young people aged 12-25
Commencing **Tuesday 18 September** for 6 weeks
5.30pm - 6.30pm @ headspace Berri
A support person is welcome along to the first session
For more information and to book your place phone
headspace Berri on 8582 4422

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Thanks to all the staff at **headspace Berri** and FocusOne Health, the hERO group, our Consortium Members and the local community for making **headspace Berri's** 10th Birthday celebration possible.



headspace
Berri

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