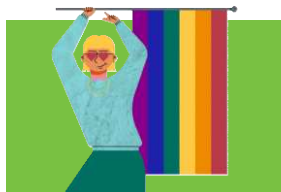


what's on at headspace?



NOVEMBER - Here are the programs, activities and events coming up at headspace this month.



SHOUT! A social group for sexuality and gender diverse youth

Held every second Thursday 5-7pm in the Warehouse. Under 18's must call 5409 4900 to book a spot. Checkout FaceBook & Instagram for updates. 5409 4900 hsmreception@yourturn.org.au



Fishin' Mates

CAST. DE-STRESS. EXPLORE. Casual activity on Noosa & Caloundra waterways alternating every Tues from 3pm. Program for young men 12-25yrs. Cast a line, have a chat, destress and leave your worries. All gear supplied. Text Harry 0413 098 571



Self Defence for Teens

FREE 8 week program Fridays 3.30pm - 4.30pm
29 October - 17 December 2021
Lighthouse Rugby Club Caloundra
Bookings: Susan 0458 301 938 community@yourturn.org.au



Expression Session! 16th Nov 4.30 - 6pm

Meet local muso Tessa, & express yourself through music, writing & performing as well as connecting with other young people & local musos. All musical abilities welcome, no prior knowledge or skills needed!! Limited numbers so call 5409 4900 to book.



November Chats

Led by professionals, these online chats bring young people, friends & family together and explore topics that are important to the community.
ehespace.org.au



Day of Fun 9th November

Funlab's Day of Fun is back! For 1 day only Strike Holy Moly is offering \$10 activities including Bowling, Mini Golf, Escape Rooms, Arcade Games. Every \$ from bookings goes to headspace Maroochydore. Book now or walk in.