

Newsletter January 2015

Happy New Year!

Contents

Article 1 headspace Meadowbrook reopens after Christmas break

Article 2 School workshops

Article 3 Facebook and website live



Welcome to Kate! Our new Administration Officer

1. headspace Meadowbrook reopens after Christmas break

headspace Meadowbrook is now open after a break over the Christmas holidays! We are continuing to grow our team and develop our **headspace** Youth Early Psychosis Program (hYEPP), projected to begin in February. If you are 12-25 and going through a tough time, you can call us on 07 3804 4200, email us at headspace.meadowbrook@aftercare.com.au or drop in to 260 Loganlea Road, Meadowbrook. If you are an education institute, Government Department or another service and would like more information about **headspace**, contact Anna, our Community Development Coordinator at anna.benton@headspaceaftercare.org.au. Additionally, you can download our referral form from our website.

2. School Workshops

headspace Meadowbrook would like to work closely alongside schools in the area to ensure that young people have access to information and advice about our services, mental health and keeping themselves well. If your school would like a **headspace** representative to present or deliver a workshop, please contact anna.benton@headspaceaftercare.org.au. We are currently in the process of working with our Youth Reference Group to develop new, youth friendly workshops and are open to ideas and suggestions to ensure we keep interactions engaging and informative.

3. Facebook and website live!

The **headspace** Meadowbrook Facebook is now live and can be found at <https://www.facebook.com/pages/Headspace-Meadowbrook/799453236792401/>
Like us and keep up to date on all our happenings!

The **headspace** Meadowbrook website can be found at <http://www.headspace.org.au/headspace-centres/headspace-meadowbrook> Check us out!



Come in and chat to our lovely Intake and Triage Clinician, Carmen

