

Illawarra Shoalhaven Local Health District

TERM 4 2026

Welcome!

Welcome to the 36th ISLHD School-Link Newsletter!

This newsletter provides a collection of health and wellbeing services from government and non-government organisations across the Illawarra and Shoalhaven.

Referrals to Mental Health Services

The Mental Health Line is a single number, state-wide 24-hour mental health telephone access service.



Anyone can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

About School-Link

Aims of the School-Link Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

ISLHD Mental Health Services

ISLHD delivers specialist mental health assessment and care across community and inpatient settings and in partnership with a range of other government agencies and services.

<https://www.islhd.health.nsw.gov.au/services-clinics/mental-health>



Circulation

- ☐ Principal
- ☐ Deputy Principals
- ☐ Counsellors
- ☐ Head Teachers
- ☐ Year Advisors
- ☐ HT Welfare
- ☐ LS Team
- ☐ SSO
- ☐ PD/H/PE
- ☐ Staff Room

ISLHD School-Link Website

Resources from NSW School-Link teams:

<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-illawarra-shoalhaven>



Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)
School-Link Program
Level 7, 5 Bridge St, Coniston NSW 2500

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

Email: david.bunder@health.nsw.gov.au

Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

Email: Johanne.Sneddon@health.nsw.gov.au

“Staying Connected When Emotions Run High”



Photo supplied by: Stonemeadow Photography

An introductory workshop
for **Professionals**
who work in **Government**
and **Non-Government**

STRIDE For better
mental health

Proudly facilitated by

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist)
and

Toni Garretty (Mental Health Educator | Family-Inclusive Practice Trainer & Consultant)

Hosted by – Stride, Family & Carer Mental Health Program

Staying Connected When Emotions Run High is a set of Five Strategies empowering professionals to be a resource to a person in distress. The training is proudly facilitated by Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Mental Health Educator).

Professionals will learn about the typical relationship patterns "fear and worry dances" which instinctively activate between closely connected humans in distress.

Participants will be invited to think how they may utilise the strategies to manage their own "dances" in their professional lives and how to use the strategies to educate the families, carers and clients when symptoms of distress are high. These symptoms are most commonly experienced by people with mental health issues, substance misuse and or developmental disorders.

Learning outcomes

- Increased understanding of emotion dysregulation
- Identify the "four carer dances" and their role in emotion dysregulation
- Knowledge of the "five key relationship strategies" in order to become a helpful resource to someone in distress
- Understanding "relationship triangles" – Karpman's Model
- Introducing the concept of Safety Planning "Like a Fire Drill" to promote safety when distress or risk escalates

A workbook and certificate recording 6.5hrs training will be supplied.

“Staying Connected When Emotions Run High”

*If you are working within the **ISLHD, Mental Health**, please disregard this flyer and contact Danielle/Stride – familyandcarer@stride.com.au with your interest in registering and dietary requirements.*

Venue: Port Kembla Gold Club – Golf Place, Primbee 2505

When: Thursday 5th November 2026

Time: 8:40am for registration (9am start) to 4:30pm.
Registration Open

Completed registration, dietary needs and payment must be submitted by **Wednesday 4th November 2026.**

COST \$95 per person- Morning tea, lunch, workbook and certificate provided.

Payment & Bookings can be made via: TryBooking



<https://www.trybooking.com/DPKUA>

REGISTRATION: Please complete payment and relevant questions for the event in Trybooking

Further enquiries: familyandcarer@stride.com.au

Black Box Parenting Program

Please join the Stride Family and Carer Program for the
Black Box Parenting Program

**Presented by Layla Weiss and Emily McLarnen, Family & Carer Mental Health Team,
ISLHD + Jade Bonham, Family & Carer Mental Health Program - Stride**

About the Black Box Parenting Program:

- Assists parents in reflecting on their past experiences and how that impacts their current parenting challenges
- Learn about co-regulation
- Help parents develop practical parenting skills, to scaffold behaviours that are difficult to manage
- Designed for parents who have had the experience of trauma (though this is not explored during the group)

WHEN :

Time: 930-11:45 am for 5 weeks:

Session 1: Monday 26th October 2026

Session 2: Monday 2nd November 2026

Session 3: Monday 9th November 2026

Session 4: Monday 16th November 2026

Session 5: Monday 23rd November 2026

*** you must be able to attend all 5 sessions ***



Where:

Nowra Stride Office

52A Worrigeer Street, Nowra NSW

Registration:

Please Email -

familyandcarer@stride.com.au

what is headspace Work & Study Online?

headspace Work & Study Online is a free service to support 15–25-year-olds with planning and achieving their work and study goals. The service is delivered over the phone, webchat or video chat.

Young people engage with one of our Work and Study Specialists weekly to fortnightly for approximately three months. We also have a small team of mental health clinicians to support young people with any mental health related barriers to their work and study (if they are not already engaged with a mental health provider). Once a young person has achieved their goal, they are provided additional help through our post placement support phase.

headspace Work & Study Online can help young people no matter where they are at in areas such as:

- Job search skills, job applications, resume and cover letter preparation
- Career, industry and labour market research
- Further education planning, course selection and enrolment
- Support transitioning from school to work or further study
- Balancing mental health and wellbeing with work or study
- Changing jobs, increasing work hours or navigating challenging workplace situations

Provided a sense of purpose and structure to my life.

The impact of work and study support on young people's lives

Work and study support assists young people to identify and reach their work or study goals. Reducing the length of time a young person is disengaged from work or study can positively impact their mental health and wellbeing. It is essential that work and study needs are included when supporting young people across the continuum of mental health, regardless of their mental health presentation.

headspace Work & Study Online surveyed participants have told us:

- 79% of young people felt more optimistic about their work or study future, and 72% agreed this service helped improve their situation
- 87% of young people agreed that the help they received was valuable

Gave me a sense of accomplishment and boosted my self-esteem.

Who is headspace Work & Study Online for?

This program is for young people aged 15-25 who's mental health may be impacting them and they require support to reach their work and study goals. Young people receive tailored 1-on-1 online support with a Work and Study Specialist no matter where they are in their work and study journey.

Work(s) around our unique needs and circumstances.

Care collaboration

The mental health and wellbeing of the young person remains the priority. With the young person's consent, our specialists can work with referrers and/or any other mental health supports to provide integrated care. This process avoids duplication and provides a strong, collaborative support model.

73% of young people who were surveyed after their experience with headspace Work & Study Online felt a reduction of their mental health and wellbeing difficulties in relation to their work and study goals.

How to refer young people to headspace Work & Study Online

External services that support young people can refer them to our program via our referral portal. This allows for additional supportive information about the young person to be included in the referral and clearly links the referral to the referring service, supporting data collection on referral pathways and outcomes.

Our partnerships allow us to integrate headspace Work & Study Online into your service offerings. To make a referral, please visit the portal at externalreferralportalhws.headspace.org.au or contact us at: workandstudy@headspace.org.au / 1800 810 794 if you need any assistance.

Examples of organisations that refer young people include:

- Schools, universities and TAFEs
- GPs and psychological practitioners
- Mental health and well-being support
- Alcohol and other drug services
- Housing support programs
- Other work or study services

How can young people access headspace Work & Study Online?

Young people can book their first appointment via: headspace.org.au/online

Alex's story

"headspace Work & Study Online is a welcoming service that supports young people like us to find our way, helping to build skills in work and study and a sense of belonging and understanding. I had the opportunity to work with a dedicated Work and Study Specialist who provided me with insights into effective resume and cover letter writing, which ultimately improved my application techniques."

In 2023, after years of struggling with their mental health and feeling directionless, Alex* took steps to seek help through headspace Work & Study Online. With renewed hope and motivation, they enrolled in university and began to look for a job that would fit in with their study commitments. Alex found a job and built skills that will help them in their future career. The program helped to instil a routine, improve Alex's financial situation, increase their social connection and improve their overall mental health.

*Disclaimer: the name of this young person has been changed due to privacy.

For more information

Visit

headspace.org.au/online

Call

1800 810 794

Email

workandstudy@headspace.org.au



headspace Work and Study Online can help

Are you supporting young people who don't know what's next in their work or study journey after school?

headspace Work and Study Online Support is a free online service delivered over the phone, webchat or video chat to support 15-25 year olds with planning and achieving their work and study goals. We can support young people you work with to identify post school options and to transition from school to employment, further study or training.

Our team is made up of Work and Study Specialists as well as Mental Health Clinicians who can support young people with any mental health related barriers to their work and study.

We can help young people with:

- Further education planning, course selection and enrolment
- Career, industry and labour market research
- Job seeking skills and tools
- Resume and job application support to find work
- Support starting work or further study
- Balancing mental health and wellbeing with work or study
- Navigating Centrelink and other government support options

To refer:

Young people can be referred via the referral portal. Our intake team is available on 1800 810 794 for any questions.



Refer: externalreferralportalhws.headspace.org.au

HEADSPACE GAME CLUB

Play hard - Laugh harder -
Win (sometimes)!

Games Include...

- Telestrations
- Throw the Burrito
- Uno (and Uno No Mercy)
- Wavelength
- Exploding Kittens
- TACO CAT GOAT CHEESE PIZZA
- Hues and Cues



Free! Ages 13-17

Dates TBC

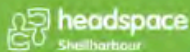
headspace Shellharbour

172 Shellharbour Rd,
Warilla NSW 2528

Please fill
out expression
of interest form



(02) 4225 5670
headspaceshellharbour@gph.org.au



queerspace

A fortnightly social catch up group hosted by headspace
Shellharbour for queer & questioning young people aged 18-25

Join us every second Tuesday afternoon at queerspace, where
queer young people can freely express who they are. queerspace is
open to all queer & questioning young people aged 18-25, whether
you're already accessing headspace services or not.

Whether you want to meet new people, share stories or have a
space to celebrate your queer pride, you're welcome here. 🇺🇸

Register your interest at the QR code below,
email gzentrich@gph.org.au for further
information or call us on 4225 5670



Scan me

E-Sports at Kiama headspace



Join us for a monthly Nintendo Switch gaming
tournament at headspace Kiama for School grade 7-12

- Round-robin style matches
- LAN-party with 8 players at a time
- Games such as Mario Kart, Super Smash Bros.
- Prizes awarded and a Winner of the Month announced.
- Every 2nd Tuesday of the month 3:30 PM - 5:00 PM

REGISTER NOW



or call headspace Kiama
(02) 4225 5640



come and join for game night!

Step into a world of imagination, creativity, and connection
through our Dungeons & Dragons program

Whether you are a seasoned adventurer or a newcomer to the world of D&D,
this is your chance to team up with others, create epic stories, and build
friendships in a fun and welcoming space.

This program is proudly brought to you by SENTRAL Youth Service in collaboration with Kiama Library and Headspace Kiama

**EVERY 1ST HEADSPACE KIAMA
TUESDAY OF THE MONTH** STARTING: 3:30PM
ENDING: 5:30PM

*Excluding school holidays and December

11/65 Manning St, Kiama NSW 2533
Phone: 02 4225 5640
Email: headspacekiama@gph.org.au

**EVERY 3RD KIAMA LIBRARY
TUESDAY OF THE MONTH** STARTING: 3:30PM
ENDING: 5:30PM

*Excluding school holidays and December

7 Railway Parade, Kiama NSW 2533
Phone: 02 4233 1133
Email: library@kiama.nsw.gov.au

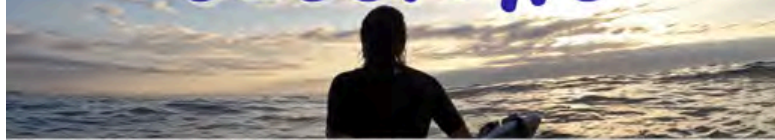
FREE FOR YOUNG
PEOPLE IN
GRADES 7 TO 12
WALK-INS WELCOME, NO REGISTRATION NEEDED





SALTY SESSIONS

ONE WAVE



Start your day at the beach! 5 weeks of morning wellbeing sessions

Start with a check-in & end with a surf, swim or yoga.

Details: Thursday Mornings (6:30-8am)

- MM's Beach - Port Kembla
1st October to 29th October
- The Farm, Killalea
19th November to 17th December

About: Facilitated by headspace x OneWave and surf lessons from Waves of thinking. Limited gear available, BYO.

Who: For young people & those supporting young people- parents, youth workers etc.

Cost: FREE!



Scan to register
your EQI



Colour Your Mental Health Walk

Join us for a relaxed community walk where we'll pick a colour and capture photos of everything that matches along the way. 📸

DATE: Tuesday 27 October
TIME: 4:30pm - 6:00pm
LOCATION: Meet at Reddall Reserve
(near the Lake Illawarra Kiosk, look for our bright green setup)
WHO: Ages 16 - 25

FREE EVENT - Afternoon snacks provided



Scan the QR Code for
more info and register
to attend!



Presented to you by headspace Shellharbour and Kiama Youth Reference Group

A photograph of two students, a young man and a young woman, sitting at a wooden table in an art workshop. They are both wearing white shirts. The young man is on the left, looking down at a piece of paper. The young woman is on the right, holding a green marker and looking at the paper. There are various art supplies on the table, including a container of markers and a box of paper. In the background, there are easels with paintings and shelves with more art supplies.

Crafty Conversations

headspace Wollongong's Art Peer Group

Join us for a drop-in
fortnightly peer group focused
on being creative and
focusing on self.

Come and get messy, enjoy
some snacks and most of all
make some connections!!

Who: 12-17yr olds

When: Starting week 2, of
every school term
@ 3:30pm - 5:00pm

Where: headspace Wollongong

How: Just scan the QR code
to register



Supporting Positive Child Mental Health at Home

At Quirky Kid, we know that early mental health matters. Positive mental health gives children a sense of security and contentment, facilitates positive social interactions, and enables the steady development of critical life skills.

When parents and caregivers are supported and equipped with practical strategies, children become increasingly able to process, regulate, and manage their emotions productively. To support families across the Illawarra and Shoalhaven, we are making our expert-led parent workshops highly accessible.

Just \$15 per session

Online, evidence-based workshops led by renowned child psychologists.

What to Expect from Our Workshops

Practical Focus Areas

- Navigating school transitions and changes
- Supporting social and emotional wellbeing
- Resolving friendship issues
- Understanding and regulating big emotions
- Building confidence in high achievers

Session Format

- **Online delivery:** Join from the comfort of home.
- **Expert-led:** Facilitated by experienced Quirky Kid psychologists.
- **Actionable tools:** Leave with strategies you can use immediately.
- **Interactive:** Time allocated for parent Q&A.

Ready to build your child's positive mental health?

View our upcoming schedule, explore workshop themes, and reserve your place today at:

Comprehensive Support for Your Child

Beyond our parent workshops, Quirky Kid provides a full spectrum of evidence-based psychological services designed to support children and young people. Whether you are looking for therapeutic intervention, a formal assessment, or practical resources to use at home, our dedicated team is here to help your family thrive.

Therapeutic Interventions

We offer tailored treatments to support children in processing their emotions, building resilience, and developing critical life skills. Our psychologists use neurodiversity-affirming practices to foster positive mental health in a safe, supportive environment.

[Explore our treatments →](#)

Comprehensive Assessments

Our experienced clinicians provide detailed psychological, educational, and developmental assessments. We focus on identifying your child's unique strengths and support needs to create actionable pathways forward.

[View assessment options →](#)

Award-Winning Resources

Discover our range of therapeutic books and games, developed in-house by Quirky Kid. These practical tools are designed to facilitate positive social interactions and help children navigate complex emotions at home or school.

[Visit our shop →](#)

Free Articles & Insights

Access our extensive library of well-researched, practical articles. We regularly publish insights on childhood development, emotional regulation, and everyday strategies to support your child's positive mental health.

[Read our latest resources →](#)

Growing the Best Version of Me

Eight weeks. Real conversations.
A stronger sense of belonging.

Growing the Best Version of Me helps primary students build belonging, respectful communication and positive relationships.

Through peer-led activities and conversations, students explore how their everyday actions can contribute to a more connected school community.

What students will explore:

- **Belonging** - feeling connected and included
- **Respectful communication** - listening, understanding and responding
- **Fairness and integrity** - making thoughtful choices
- **Perspective taking** - considering how others may feel
- **Positive relationships** - building connections with others
- **Everyday actions** - understanding the impact we can have



Bring Peer Support to your school

Discover Growing the Best Version of Me and how Peer Support can help students build connection, belonging and positive relationships.



[Learn more here](#)

[Explore Peer Support for your school](#)

Designed for Primary Schools

Built for peer-led learning

- ✓ **Eight weekly sessions**
Structured sessions for students to learn and connect
- ✓ **Led by students**
Senior peer leaders lead activities and conversations
- ✓ **Practical and flexible**
Easy to use within your school's wellbeing approach

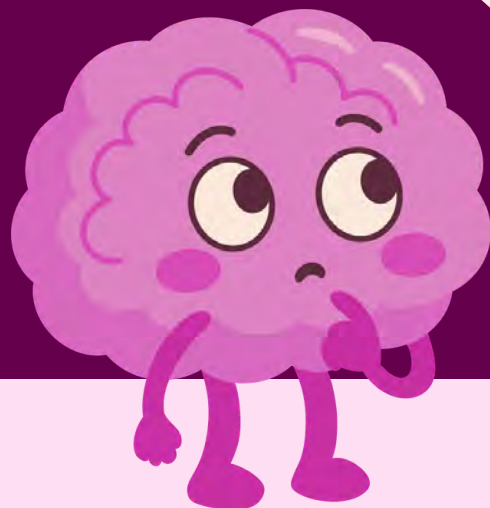
Get in touch with our team

- ☎ 1300 579 963
- ✉ admin@peersupport.edu.au
- 🌐 www.peersupport.edu.au



Get ready for big school

Big Feelings, Little Learners



Helping kids start school
calm and confident

**Illawarra Shoalhaven Local
Health District and Wayahead
are offering free webinars to
help parents support their
child starting primary school.**

- ✓ Learn about childhood anxiety and how it affects children.
- ✓ Understand the anxiety cycle and why it can become a problem.
- ✓ Discover practical strategies to support your child to get ready for primary school.
- ✓ Explore how taking small steps can help children build confidence and manage their anxiety. Learn how to guide them through the process.

The session will finish with a Q&A session where you can ask questions.

Choose the time that suits you:

When:
Tuesday 15 September

Time:
12:00 - 1:15pm



[Register now](#)

When:
Tuesday 15 September

Time:
6:00 - 7:15pm



[Register now](#)

When:
Wednesday 21 October

Time:
12:00 - 1:15pm



[Register now](#)

When:
Wednesday 21 October

Time:
6:00 - 7:15pm



[Register now](#)

Get ready for high school

Childhood Anxiety Webinar



Help to prepare for a smooth and confident start to high school

Illawarra Shoalhaven Local Health District has partnered with WayAhead to offer a free transition to high school webinar for parents and carers of children in year 5 and 6.

- ✓ Learn about anxiety and how it affects children.
- ✓ Understand the anxiety cycle and why it can become a problem.
- ✓ Discover practical strategies to support your child to get ready for high school.
- ✓ Explore how taking small steps can help children build confidence and manage their anxiety. Learn how to guide them through the process.

The session will finish with a Q&A session where you can ask questions.

Choose the time that suits you:

Day webinar:



When:

Monday 26 October 2026



Time:

12:00 - 1:15pm



Where:

Online



[Register now](#)

Evening webinar:



When:

Monday 26 October 2026



Time:

6:00 - 7:15pm



Where:

Online



[Register now](#)



In partnership with:





Fully funded opportunity
for your school community



YourCrew: Starting Strong

Starting Year 7 is about more than finding your classroom.

The move to high school brings exciting opportunities, but also new challenges. Young people are navigating new friendships, different teachers, greater independence, increased academic expectations, more time online and the pressure to work out where they fit.

YourCrew: Starting Strong is a practical, evidence-informed program that helps Year 7 students build the skills and confidence to navigate these challenges and start high school well.

Built around the challenges young people actually face

Starting Strong has been informed by the experiences of young people themselves, as well as the teachers who support them.

Across **8 lessons**, students develop practical skills to:

- navigate friendships and build connections
- build resilience and manage change, challenges and uncertainty
- understand and respond to their emotions
- build confidence asking for help and recognise when they or someone else may need support
- make responsible choices online, use AI thoughtfully and develop healthier habits around technology, learning and attention

Made for real classrooms

YourCrew: Starting Strong is designed to be easy for schools to deliver, with everything teaching staff need provided:

- 8 complete lesson plans
- ready-to-use presentation slides
- engaging classroom activities
- printable student worksheets and resources
- teacher discussion prompts and guidance

**Help students do more than settle in.
Help them start strong.**

Get started today:

Bring this fully funded program to your school — email schools@harrisonriedelfoundation.com to find out more.





Get up to \$500 for education costs.

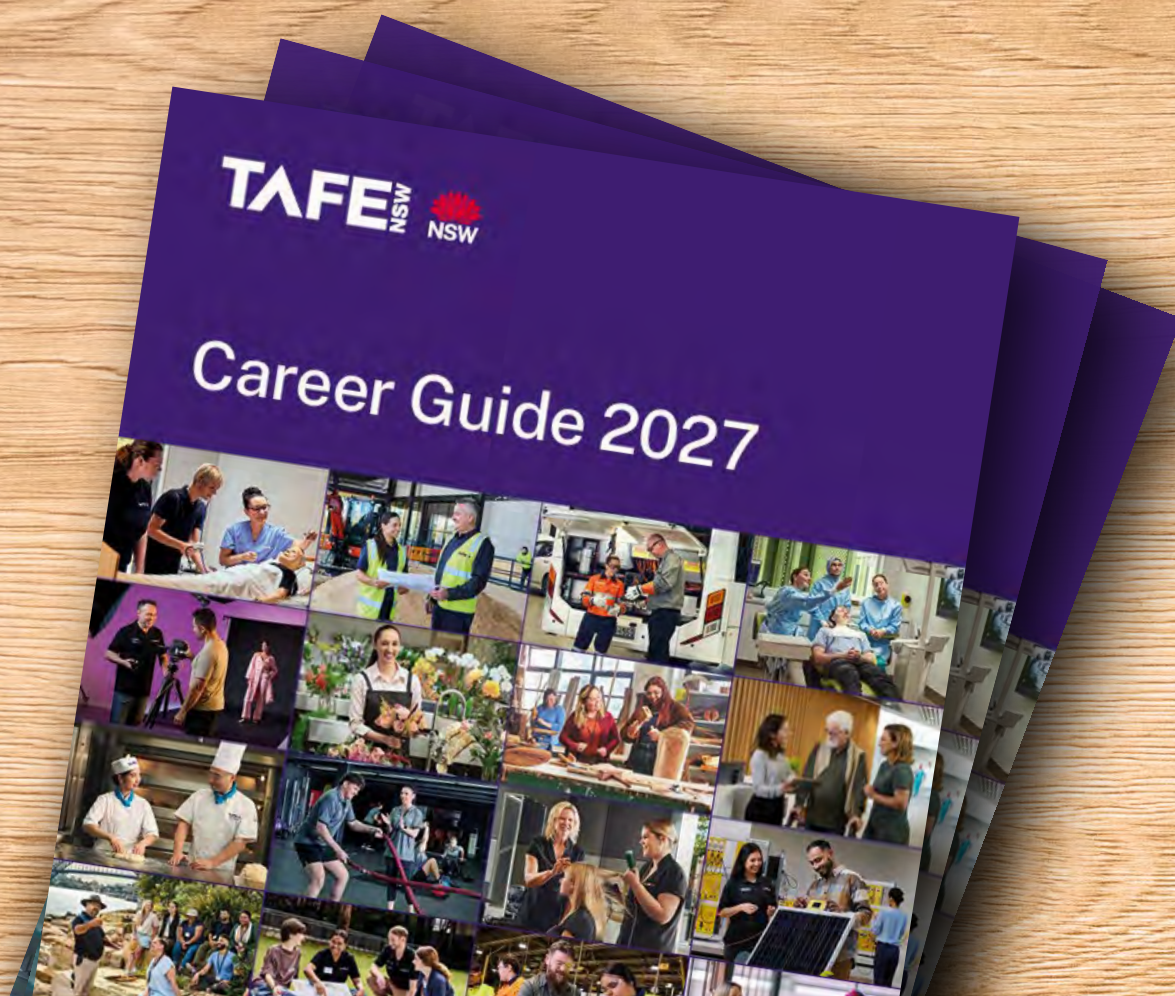
Achieve a savings goal for 10 months and ANZ will match it up to \$500.



saverplus.org.au
1300 610 355



Connect to your perfect career



1. Scan the QR code
2. Download the TAFE NSW 2027 Career Guide



 TAFE NSW Career Guide

 131 601

Challenging Hateful Misinformation Training

For educators, frontline workers & parents



This training is designed for people who are concerned about young people engaging with problematic, divisive or hateful misinformation.

Join our online training on **28 October** to learn how to spot and stop racist, hateful and divisive dis/misinformation.

- **Go Beyond Media Literacy:** While many programs boost basic media skills, we take a deeper dive into recognising and addressing racist and hate-driven misinformation.
- **Understanding Root Causes:** Learn how misinformation fuels racism and other harmful ideologies - from racism and misogyny to the manosphere, Islamophobia, antisemitism, anti-LGBTQIA+ hate and ableism.
- **Practical, Actionable Strategies:** Walk away with strategies to challenge conspiracy theories, unpack fake news and engage in meaningful conversations on divisive topics.

What can you expect



Evidence-Based

6-hour training program including breaks



Interactive Training

delivered by expert All Together Now facilitators



Take-Home Resources

including workbook, practical toolkits & activities (micro-lessons)



Safe Learning Space

Share your experiences & concerns with your peers & ATN experts

Program Details

For: Educators, youth workers, social workers, counselors, parents

Anyone working with young people or in communities impacted by misinformation.

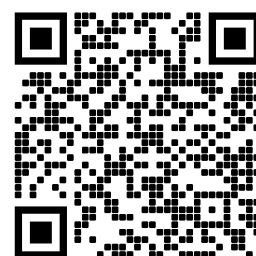
When: Wednesday, 28 October 2026, 9.30am - 3.30pm AEDT

Where: Online training via Zoom

Book your ticket and save 20% with code SPECIAL20NOW

via [Humanitix](https://humanitix.com) or scan the QR Code

Scan to register



Visit alltogethernow.org.au to learn more about our anti-racism programs.

All of our work at All Together Now is imagined, designed and conducted on unceded Aboriginal land. We acknowledge the Traditional Custodians of Country throughout Australia, and that Australia was, and always will be, Aboriginal land.



Countering Far-Right Extremism Training

RACISM

NEO-NAZISM

INTERSECTIONAL HATE

INFLUENCERS

Build the skills to recognise and respond to extremist behaviour early

Our two-part workshop (Identifying and Responding to Far-Right Extremism) provides a comprehensive overview of far-right extremist hate and violence in Australia and internationally.

This practical, evidence-based training will help you understand the far-right extremist landscape, recognise emerging warning signs and respond confidently and appropriately when someone may be at risk of hateful and violent ideas.

What you will learn

Part 1: Identify Far-right Extremism

-  **Identify extremist messaging** and recognise far-right groups, channels, platforms, influencers and learn how far-right extremist recruit and how harmful ideologies spread
-  **Explore current trends & developments:** Learn about the threat of sub-ideologies including accelerationism, Odinism, eco-fascism, the sovereign citizens' movement and the incel movement
-  **Learn about the intersectional nature of far-right extremist hate and violence**, including racism, misogyny, Islamophobia, antisemitism, anti-LGBTQIA+ hate and ableism

Part 2: Responding to Far-right Extremism

-  **Analyse and respond to extremist content:** Recognise and deconstruct far-right messaging, narratives and worrying signs or behaviours
-  **Boost your confidence in difficult conversations:** Learn how to address complex & controversial topics with young people who may hold racist or hateful views or be at risk of far-right extremism
-  **Build connections with others** working to prevent and respond to far-right extremism

Program Details

Who: For Council workers, youth workers, community workers, counsellors and teachers
Anyone who supports young people who might be at risk of engaging with hateful behaviours and violent extremist ideas.

When: Wednesday, 18 November 2026

9.30am - 12.30pm AEDT for Part 1: Identifying Far-Right Extremism

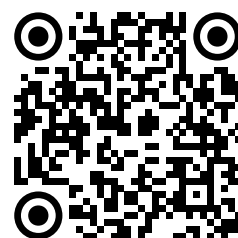
1pm - 3.30pm AEDT for Part 2: Responding to Far-Right Extremism

Where: Online training via Zoom

Book your ticket and save 20% with code SPECIAL20NOW

via [Humanitix](https://www.humanitix.com) or scan the QR Code

Scan to register



Visit alltogethernow.org.au to learn more about our anti-racism programs.

All of our work at All Together Now is imagined, designed and conducted on unceded Aboriginal land. We acknowledge the Traditional Custodians of Country throughout Australia, and that Australia was, and always will be, Aboriginal land.



A LITTLE CONNECTION GOES A LONG WAY

PARENTING TEENAGERS - CONNECTION, COMMUNICATION AND WELLBEING

ENGLISH Webinar
Tues 20th October
6:30 - 8:00pm
via Zoom



Parenting teenagers (young people aged 12 years and over) can be rewarding but also brings new challenges as they grow towards independence.

This webinar will help you:

- Understand adolescent development and the teenage brain
- Recognise signs of stress, anxiety and emotional distress in young people
- Strengthen communication, connection and relationships within your family
- Navigate parenting between cultures and generations
- Learn practical strategies to support your teenager's wellbeing

**SCAN OR CLICK THE QR
CODE TO REGISTER**



For more information,
contact Cathy.Butler@health.nsw.gov.au

This webinar is a Mental Health Month Initiative coordinated in partnership with:



Northern Sydney
Local Health District



Relationships
AUSTRALIA • NSW





Barnardos
Australia



HIPPY FREE School Readiness Program

HIPPY supports:

Play based learning, Child development, community connection and confidence.

Your child's transition to school and you, as your child's first teacher.

HIPPY will provide you with:

- Learning activities & resources
- up to 18 exclusive story books
- 1:1 mentoring sessions (in-person or online)
- playgroups and community events
- opportunities to learn everywhere

**HIPPY (HOME INTERACTION PROGRAM for PARENTS and YOUNGSTERS)
is for children aged between 3 and 4 starting school in 2029**

HIPPY runs during school terms for two years prior to your child starting school



For more information contact our
coordinator Tanaya on 0482 186 447 or
tcaldow@barnardos.org.au

barnardos.org.au
ABN 18 068 557 906 | A Company Limited by Guarantee
Registered Charity | SC 22 275750

**Express your
interest today!**
scan the QR code to have
our coordinator contact
you





OCD Busters © is a 12 week group OCD intervention program designed for young people and their families.

Developed by Griffith University the program supports young people to develop skills and strategies to address Obsessive Compulsive Disorder and build parental confidence in supporting exposure tasks.

≡ Key Information ≡

Ages: 9-12

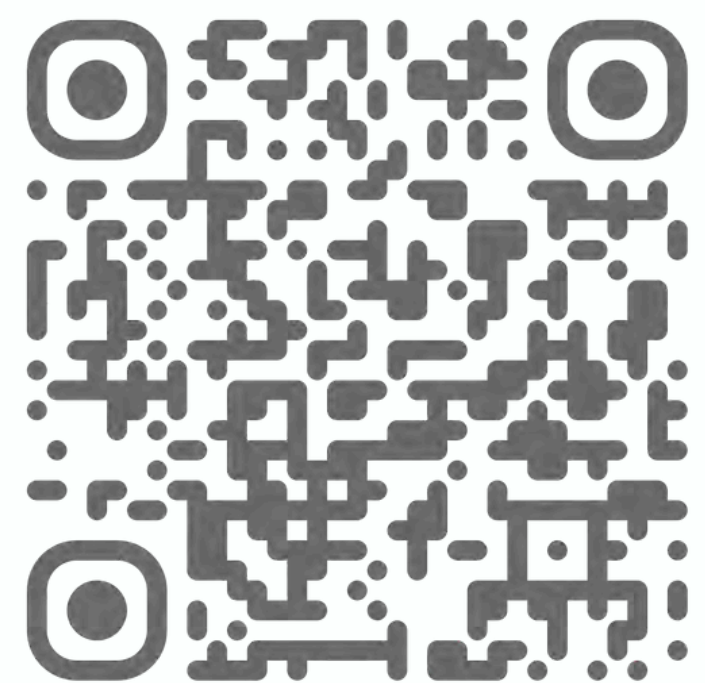
When: 29/9/26 - 15/12/26

Time: 3:30-5pm

Cost: \$120/session

*Rebates may be available with a MHTP

Where: FSA Psychology Shellharbour



Register here



Family Services AUSTRALIA
Psychology
Therapy • Assessments • Groups

LEGO® Club

Family Services Australia is currently taking expressions of interest for our Term 4 LEGO based therapy group.

This is a 9 week program.
Running one day per week from
3:30-5pm.
Dates to be announced

This group is suitable for young people aged 9-12 with an eligible self or plan managed NDIS package.

This is a neuroaffirming group that focuses on building skills such as turn taking and problem solving through collaborative play.

Scan the QR code to register on our website.
You can also contact us at groups@familyservices.org.au



The LEGO® logo, SERIOUS PLAY®, Imaginopedia™, the Minifigure and the Brick and Knob configurations are trademarks of the LEGO® Group, which does not sponsor, authorise, or endorse this therapeutic group.

Simulated Gambling In Gaming

How is simulated gambling increasingly appearing in kids games?

The rise of gambling appearing in kids' games is becoming increasingly prevalent. Typically we know in adult gambling what mechanisms are involved:

- Staking an amount of money or an item of valuable.
- An uncertain or random outcome driven by chance.
- The reward or payout gained if you win.

But these mechanisms are also appearing in games marketed to children, called simulated gambling.

Elements of simulated gambling in games

Loot boxes

- These are virtual boxes in video games that contain a random prize. They may also be called treasure boxes, mystery boxes, reward chests or lucky dips.
- Some are free, while others require real money or in-game currency such as coins or tokens.
- The prizes can help players improve their game, unlock new items, or progress faster. Because of this, players may spend more time playing the game.
- Loot boxes are considered to be simulated gambling because they trade real money for a randomised reward of uncertain value.

Built-in mini gambling games

- Embedded within kid's games are casino games such as slot machines, blackjack, three card poker, roulette and horse racing. These games help the gamer progress in the main game.
- These directly mimic gambling but remain unregulated as it doesn't fall within adult gaming legislation.

Skins

- A skin is an item in a video game that changes how a character looks, adds weapon or other game items that changes a players looks or sound.
- Players can earn skins by playing games, often through loot boxes, or buy them using virtual coins, credits or with real money.
- Some people use skins to place bets in activities called skin betting. On some websites, skins can be bought, sold, traded, or used for betting. Some rare skins can be worth real money.
- Skins are considered to be a form of simulated gambling because they are obtained through the mechanism of chance in loot boxes and you can buy more chances with real money.

Popular games with high numbers of simulated gambling features

ROBLOX

Platform hosts thousands of user-created games, many featuring loot boxes, gacha systems, and simulated casino games. Individual games vary widely in their gambling mechanics.

POKEMON GO

Egg incubators function as loot boxes —you pay real money for items that hatch eggs containing random Pokemon with random stats. Raid Passes also provide random rewards. Very popular with children.

CLASH ROYAL

Uses chest system containing random cards needed for progression. Higher-tier chests cost real money and contain better odds for rare cards needed for competitive play.

GTA V / GTA ONLINE

Contains authentic casino gambling (slots, poker, blackjack, roulette) using chips purchased with real money via Shark Cards. Casino features banned in over 50 countries.

FIFA / EA SPORTS FC

This game offers Ultimate Team (FUT) packs which function as randomized loot boxes purchased with real-world currency or in-game points

COUNTER STRIKE 2

Skins can also be used as chip equivalents to play classic digital casino table formats. In Case Battles multiple users open identical paid cases simultaneously; the player who pulls the highest cumulative monetary value in items takes everything.

Services we offer at GambleAware

At GambleAware Illawarra & Southern NSW we offer free assistance to people directly impacted by gambling harm and to those supporting someone experience gambling harm. We do this through:

- Counselling
- Financial counselling
- Lived experience peer support
- SMART recovery meetings
- Community outreach
 - Providing education sessions in school settings to students and teachers
 - Training for staff working in the community services sector
 - Outreach and attending community events

If you'd like more information or would like to access our service please contact us

- Online Support: Gambling Help Online Chat (24/7 web chat)
- Phone: 1800 858 858 (Available 24/7, free and confidential)
- Email (Local): GambleAware@MissionAustralia.com.au

NOW WE SEE IT, LET'S TALK ABOUT IT.

You're Invited!

Community Roundtable: Gambling Harm in the Illawarra for
GambleAware Week 2026

Gambling harm can affect individuals, families and our wider community, but it isn't always easy to see or talk about.

Join us for an open community conversation to:

- Explore what gambling harm looks like locally
- Share experiences, perspectives and ideas
- Identify opportunities to strengthen local support
- Connect with others working to reduce gambling harm

Your voice matters. Come along, listen, share and connect.

Date: 22nd October 2026

Time: 10:00am-11:30am

Location: Level 1, 211 Lake Entrance Road, Shellharbour (Mission Australia Office)

Questions?

 0457 528 127

 sturgesk@missionaustralia.com.au


RSVP here



This is gambling harm. Let's talk about it.
GambleAware Week | 19-25 October 2026



Access this fully funded opportunity for
your school community today



Give your students the skills to ask for help when they need it most

Introducing YourCrew Classroom

YourCrew Classroom is a teacher-led program designed to empower Stage 4 & 5 students to actively build self-care strategies and master the vital life skill of help-seeking.

Built around the three critical pillars of relationships, wellbeing, and resilience, the program delivers a holistic, transformative experience that equips students for real-world challenges.

What's included for your school:

- Students actively build personal wellbeing, unlock resilience, and master how to form meaningful connections with others
- Educators are equipped with ready-to-teach lesson plans, supporting slides and accompanying worksheets, reducing preparation time so they can focus on teaching
- Participation is fully funded, meaning there is no financial commitment from your school



Secure your spot:

Contact schools@harrisonriedelfoundation.com
to secure your school's access.

THE LORD MAYORS

School Starter Picnic



A FREE EVENT

FOR 2027 SCHOOL STARTERS
AND THEIR FAMILIES

Sunday 25 October, 10am-12.30pm

Welcome Ceremony at 10am

MacCabe Park (southern end)

Cnr Church & Ellen Street, Wollongong

Oharawal Country

Wet weather plan: Coniston Public School, 123 Auburn St

CRAFT,
ABORIGINAL
CULTURAL
ACTIVITIES,
FREE BAG OF
GOODIES
+MORE!



For more information or to register, scan QR code or contact below

John Walsh on 0421 877 300, or
transitiontoschool@bfscs.org.au

Tracey Kirk-Downey on 0458 881 713, or
participate@wollongong.nsw.gov.au



www.transitiontoschool.com.au



A Wollongong City Council accessible and inclusive event. Wollongong City Council is a child safe organisation and committed to the principals of social justice and celebrates diversity.



Get ready to **start Kindergarten in 2027** at your library.

Sign up for our **free 4-session school transition program *Get Ready!*** and learn classroom skills including routines, social confidence and resilience.



Scan the code or visit **wollongong.nsw.gov.au/library** to find out more and book.



Wollongong
City Libraries





Kids Time Playgroups

Make Way For Play



Free play sessions for
children birth to 5 years
and their families/carers.

Playgroups include morning tea,
fun activities, parenting support
and community connections.

10am-12pm



Monday

Play Ranger - Park based play
Charcoal Park, Unanderra
(no morning tea)

Wednesday

Berkeley Neighbourhood Centre
Winnima Way, Berkeley

Friday

POPPY *(Mental Health)*
Warrawong
Referral only

Tuesday

Warrawong Children's Family Centre
13 Greene Street, Warrawong

Thursday

Bundaleer Community Centre
Northcliffe Drive, Warrawong



For more information, please call us on 4275 8575
Playgroup operates during school terms



For a full list of services we provide, scan our QR
code or visit [barnardos.org.au /centres/south-coast](https://barnardos.org.au/centres/south-coast)



Barnardos
Australia

Because **every child**
needs a champion



LET'S WALK AND TALK

Join a growing
community of dads
across the Illawarra
for a regular, casual
meet up.



Get tips and tricks to support your fathering skills.
No pressure. Just good conversation.

JOIN US FROM 10 - 11 AM

 **SHELLHARBOUR**
1st & 3rd Tuesday of the month
Little Park car park

 **CORRIMAL**
2nd & 4th Tuesday of the month
Corrimal Surf Club car park

Keen to meet other dads?
Register your interest by calling or texting
Marty Janssen on 0408 162 317

Healthy Eating
Active Living

JOIN THE
FAMILY
FUN

PARK FEST

SCREENS DOWN, PLAY ON

Join us for a fun afternoon outdoors with family, friends and your local community.

- > Free activities and games
- > Silent disco
- > Outdoor play experiences
- > Meet other local families
- > Tips to support healthy screen habits at home

THE DETAILS

FREE

Shellharbour

Friday 23 October 2026

McDonald Park, Albion Park Rail

3:00 - 5:00pm

Shoalhaven

Thursday 29 October 2026

Harry Sawkins Park, Nowra

3:00 - 5:00pm



Let us know you're coming!
Register to help us plan,
but drop-ins are welcome.



In partnership with:



Family & Individual Group Programs



2026

For Parents & Carers

Circle of Security

Every parent feels unsure at times, wondering what their child truly needs. Imagine the confidence of understanding what they're really asking for. The Circle of Security Parenting™ program draws on decades of research to help you nurture a strong, secure bond with your child.

Location	Dates	Time
Online	Wednesday: 21, 28 October & 4, 11, 18 November Thursday: 12, 19, 26 November & 3, 10 December	10am - 12pm 5.30pm - 7.30pm

Supporting Your Child Experiencing Anxiety

Supporting a child through anxiety can feel overwhelming. This group will help you understand their needs and give you practical ways to encourage and guide them toward managing anxiety effectively.

Location	Dates	Time
Online	Thursday: 26 November & 3, 10 December	10am - 12pm

123 Magic and Emotion Coaching Inclusive

Supporting you to understand & implement simple, effective strategies to support your child in managing challenging emotions safely and confidently. Designed to be inclusive of parents of neurodiverse children.

Location	Dates	Time
Online	Wednesday: 25 November & 2, 9 December	5.30pm - 7.30pm

Bringing Up Great Kids

Bringing Up Great Kids helps parents build caring, respectful relationships with their children and encourages a mindful, reflective approach to parenting.

Location	Dates	Time
Online	Tuesday: 24 November & 1, 8, 15 December	5.30pm - 7.30pm

Bringing Up Great Teens

Help your teen navigate this stage with confidence and stay connected while supporting their growing independence. Learn to understand the changes, manage conflict and risk-taking, and keep your relationship strong.

Location	Dates	Time
Online	Wednesday: 18, 25 November & 2, 9 December	10am - 12pm

Families Living Well in a Digital World

Learn healthy strategies to navigate the digital world while fostering connection, communication, balance, and strong relationships.

Location	Dates	Time
Online	Tuesday: 24 November & 1, 8, 15 December	10am – 12pm

Post Separation

Keeping Kids in Mind

Parenting after separation can be tough for you and your child. This program helps you navigate practical and emotional challenges, reduce conflict, and support your child's wellbeing.

Location	Dates	Time
Online	Tuesday: 20, 27 October & 3, 10, 17, 24 November	5.30pm – 8pm
Nowra	Thursday: 19, 26 November & 3, 10, 17 December	2pm – 4pm

Loving Well

Ready to build healthy, fulfilling relationships after separation? We will help you to spot patterns, set boundaries, communicate with confidence, and strengthen emotional resilience.

Location	Dates	Time
Wollongong	Monday: 19, 26 October & 2, 9 November	5.30pm – 8pm

OWL Kids

Providing children experiencing family separation with a safe space to develop their emotional literacy through creative therapy, as well as the opportunity to interact with other children in similar situations.

Dates to be confirmed. Contact to be placed on a waiting list

With a Special Focus

My Kids and Me

When a child is removed from your care, the emotions and challenges can feel overwhelming. In this safe, supportive space, we'll reflect together and explore ways to strengthen your connection with your child.

Location	Dates	Time
Wollongong	Tuesday: 27 October, 3, 10, 17, 24 November & 1, 8 December	10am – 12.30pm

Black Box Parenting

Discover how past experiences or trauma may shape your parenting. In a safe, non-judgmental space, we'll support your wellbeing and help you strengthen your parenting journey.

Location	Dates	Time
Campbelltown	Tuesday: 20, 27 October & 3, 10, 17 November	10am – 12.30pm
Wollongong	Wednesday: 21, 28 October & 4, 11, 18 November	5.30pm – 8pm

Seeing Red

Learn to understand strong emotions and express your feelings and the feelings of those around you in a healthy, respectful ways that strengthen communication and relationships.

Location	Dates	Time
Campbelltown	Wednesday: 21, 28 October & 4, 11, 18 November	5.30pm – 7.30pm
Nowra	Thursday: 22, 29 October & 5, 12, 19 November	10am – 12pm

Seasons for Growth

Change, loss, and grief can feel overwhelming. In this safe, supportive space, you'll learn coping skills, improve your wellbeing, and connect with others who understand.

To be scheduled as identified

To find out more about our Courses or to book an intake session please call our intake team on **1800 967 894**

Email intakeservice@catholiccare.dow.org.au or scan the QR code below:



Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Concessions available *GST may apply **Schedule subject to change *** Conditions apply to complete online groups **** All sessions must be attended

Counselling

We offer counselling for children, adults, couples, and families experiencing grief and loss, relationship difficulties, stress, anxiety, depression, life transitions, and pregnancy loss.

Counselling provides a safe, supportive space to be heard, build on strengths, gain insight, and develop coping strategies during challenging times.

Sessions are available in person, online, or by phone.

Fees are flexible and can be discussed. No Mental Health Care Plan is required.

To find out more about our Counselling or to book an intake session please call our intake team on **1800 967 894**



SHELLHARBOUR DADS

Monthly Information and Connection group

relaxed | informal | social
tips and tricks for being a great dad

**First
Thursday of
every month**

**5.30 - 7pm
(Info session
6-6.30pm)**

**Gawura
training room,
Stockland**

JOIN NOW

For fathers and father figures

Contact Marty on 0431 916 367 for more detail

Noah's Inclusion Services

Term 4 2026 Groups Timetable

Noah's Inclusion Services provides therapy, education and support for children and families across the Illawarra, Shoalhaven and Eurobodalla regions. We are here to help your child and family to thrive!

Below are the group programs we will running in Term 4, 2026. Please note that not all groups run every week. Please phone us on (02) 4423 5022 if you would like more information or to book to attend.

Visit our website noahs.org.au to learn more and follow us on social media for our news and updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Young Yarns Aboriginal Playgroup 9.30am to 11.30am Albion Park	Gubidja Wurrangalali Gooyoong Aboriginal Playgroup 9.30am to 11.30am Cullunghutti	PlayConnect Playgroup 10am to 11.30am Vincentia	Burri Burri Aboriginal Playgroup 10am to 12pm Gerringong	Little Steps Playgroup 9.30am to 11.30am Vincentia
Bilima Booris Aboriginal Playgroup 9.30am to 11.30am Vincentia	Little Steps Playgroup 9.30am to 11.30am Nowra	MyTime Family Support 9.30am to 11.30am Batemans Bay	Gudjaga Waradba Aboriginal Playgroup 10.30am to 12.30pm Nowra (with Waminda)	
Guganyal Bagan Aboriginal Playgroup 9.30am to 11.30am Ulladulla	MyTime & Parent Connect Family Support 10am to 12pm Ulladulla	Multiple Birth Group 10am to 12pm Ulladulla	Little Steps Playgroup 9.30am to 11.30am Ulladulla	
			Jump In Early Intervention Group 9.30am to 11am Batemans Bay	
			MyTime & Parent Connect Family Support 10am to 12pm Nowra	

Noah's offers a range of other programs and NDIS services, depending on availability.

PROGRAMS INCLUDE:

- Growing Together
- Family Support and Training
- Parent Connect
- SWAY Program
- PEERS Program
- Secret Agent Society
- SOS Feeding Program
- Circle of Security

NDIS SERVICES INCLUDE:

- Plan Management
- Key Worker (0-7 years)
- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Social Work
- Psychology



Noah's

EVERY CHILD. EVERY OPPORTUNITY.

South Eastern NSW Universal Aftercare

Provider coverage by LGA



What is Universal Aftercare?

Universal Aftercare is a **free, voluntary, short-term support service** for people who have experienced a suicide attempt or suicidal crisis. It provides rapid, person-centred follow-up support delivered by peer workers and care coordinators to help people:

- stay safe and stabilise
- navigate immediate challenges
- connect to health, social and community supports.

This service supports a “no wrong door” approach, acting as a bridge after crisis to recovery.

Who is eligible?

- Anyone aged 16 years and over.
- Young people aged 14 - 15 may be considered with informed consent and appropriate supports.

What support is provided?



Rapid
follow-up post
referral



Up to 12 weeks
(3 months)
support



Peer workers
(lived experience)
one-to-one support



Care coordinators
(navigation support)
one-to-one support

Support may include:

- ✓ Safety planning and risk reduction
- ✓ Practical and psychosocial support
- ✓ Support addressing drivers of distress
- ✓ Connection to services

Universal Aftercare is flexible and person-led and is delivered in outreach (home/community), hubs and via telehealth. Noting this support is **not a replacement for clinical services**

This program is funded by



What are the referral pathways?

Referrals are accepted from:

- ✓ LHD and community mental health teams
- ✓ Mental Health Line
- ✓ Safe Havens
- ✓ GPs and private providers
- ✓ NGOs and social services
- ✓ Self and family/carers (where appropriate)

**Please refer to your internal LHD referral policies for guidance.*

Service coverage and contact information

Next Steps Suicide Aftercare

Provided by:
Grand Pacific Health



0475 762 915

gphnextsteps@gph.org.au

LGAs: Wollongong | Shellharbour | Kiama | Eurobodalla | Bega Valley | Southern Snowy Monaro (south of Steeple Flat)

NS Hub locations: Wollongong | Moruya | Bega

REBUILD Suicide Aftercare

Provided by:
Mission Australia



0459 598 958

rebuild@missionaustralia.com.au

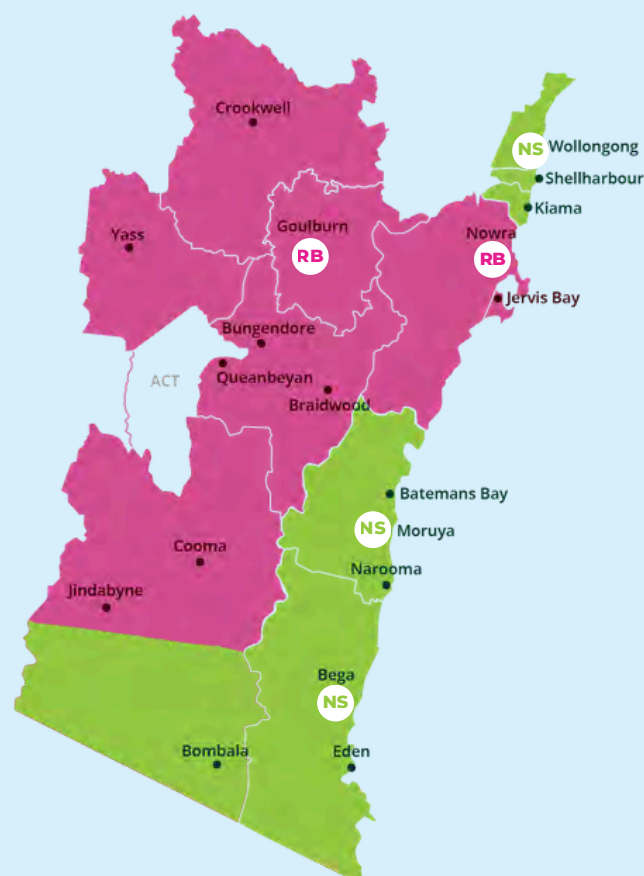
LGAs: Shoalhaven | Goulburn Mulwaree | Queanbeyan-Palerang | Yass Valley | Upper Lachlan | Northern Snowy Monaro (north of Steeple Flat)

RB Hub locations: Nowra | Goulburn Mulwaree

Hub locations:

NS Next Steps Suicide Aftercare

RB REBUILD Suicide Aftercare



Virtual only delivery

Available for all LGAs by either provider - based on consumer choice and need.

This program is funded by





**DRESS
FOR
SUCCESS®**

NSW & ACT
Illawarra

EMPOWER YOUR CLIENTS

FREE 'GET THE JOB' WORKSHOP

ABOUT THE WORKSHOP

An interactive session empowering women to achieve economic mobility through interview preparation and professional presentation. Build confidence and ignite the power within.

INCLUDES

- One-hour presentation on first impressions & interview techniques
- Personalised styling session – participants select & keep a FREE interview outfit

WHY CHOOSE DRESS FOR SUCCESS?

- A trusted resource with a proven track record
- Professional, practical, and results-driven
- Life-changing transformation – clients leave job-ready and empowered

WORKSHOP DETAILS

Location: 2/210 Cowper St, Warrawong

Duration: 2 hours | **Cost:** Free

Participants: Min 3, Max 10 per group

Booking: <https://bit.ly/DFSGetTheJobILL>

