

## Illawarra Shoalhaven Local Health District

Term 1 2026

### Welcome!

Welcome to the 33rd edition of the ISLHD School-Link Newsletter!

This issue explores the topic of belonging. Every student, regardless of their age, culture, disability, religion, sexuality or gender deserves to feel a strong sense of belonging at school. When students feel seen, respected and included for who they are they are more likely to engage, learn and thrive.

Teachers play a vital role in creating this sense of belonging by valuing diversity, addressing the impact of bullying, discrimination and prejudice and fostering inclusive learning environments where every student feels safe, accepted and part of the community.

### 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

### Useful website: 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
- ☐ Students

### 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)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

**David Bunder: School-Link Coordinator**

Mobile: 0427 424 514

Email: [david.bunder@health.nsw.gov.au](mailto:david.bunder@health.nsw.gov.au)

**Johanne Sneddon: School-Link Coordinator**

Mobile: 0459 880 578

Email: [Johanne.Sneddon@health.nsw.gov.au](mailto:Johanne.Sneddon@health.nsw.gov.au)

Belongingness refers to the need to feel connected, accepted and valued within a group, community or relationship.

School students with a strong sense of belonging in the classroom and school generally, have positive mental and emotional well-being, are motivated and have strong self-esteem.

Signs that a student is feeling disconnected may include social withdrawal, dysregulated behaviour, declining academic performance, frequent absenteeism, or negative and dismissive speech. However, there may be no obvious signs that a student is experiencing a poor sense of belongingness.

Some students naturally seek close social connections, while others may prefer quiet or independent spaces. Work towards an inclusive environment where every student feels accepted and valued in their own way.

Professional staff play key roles in promoting belongingness in schools by creating a safe, inclusive and supportive learning environment where all students feel valued, respected and connected. Core aspects of these roles include:

- **Building relationships:** Establishing strong, trusting relationships with students helps them feel seen and understood. Teachers can do this by learning about students' interests, cultures and backgrounds.
- **Fostering inclusive practices:** Using inclusive language, representing diverse perspectives in materials and adapting instruction to accommodate different learning needs ensures that every student feels they belong.
- **Creating a positive classroom culture:** Setting clear norms around respect, empathy and collaboration helps build a classroom community where students support each other.
- **Encouraging student voice:** Giving students opportunities to share their thoughts, make choices and take on leadership roles empowers them and reinforces their value within the classroom.
- **Modelling belonging behaviors:** Teachers can demonstrate inclusion through their own actions by acknowledging all students, intervening in cases of exclusion and promoting kindness and acceptance.
- **Recognising and valuing differences:** Helping students see diversity as a strength and teaching appreciation for different perspectives fosters a sense of belonging for everyone.

This example Belongingness Scale from Dr. Joseph S. Renzulli of the University of Connecticut measures both an individual's personal sense of belonging and their feelings of belonging at school. This tool could be used effectively with an individual student or a whole class:



# RESOURCE FOR TEACHERS

## MENTAL HEALTH IN SCHOOLS

Mental ill-health can stand in the way of students becoming active, engaged and productive members of their classrooms and school. Students with mental health problems may lack the same level of curiosity, engagement, and involvement found in their peers. Students with poor mental health are more at risk of a diminished quality of life as a result.

By being more aware that certain behaviours may reflect a mental health concern, implementing the strategies and accessing the supports detailed in this resource, students will have a much better chance of remaining engaged with their studies, demonstrate less disruptive behaviours and become productive members of society.

### Purpose of the Resource

This resource is intended for Pre-service Teachers in their final year of study and new Teachers as an introduction to mental health within schools and for any established Teacher as revision and reflection material.

This resource was developed by the School-Link Initiative – Illawarra Shoalhaven Local Health District with the support of Department of Education School Counselling Service staff.

### This resource contains:

- Definitions of behaviour, mental health and how they are related.
- Descriptions of wellbeing and mental health concerns that may lead to challenging behaviours.
- Information on managing behaviours in the classroom.
- Details of supports available for Teachers.
- Links to access for further information.

### Access the Resource:

Link: [Resource for Teachers](#)





# AWARE Program

## Achieving Wellbeing and Resilience through Education

For young people aged 8 – 12 years where a parent/carer or other family member is living with mental health issues.

Enjoy crafts, music, and games with young people who have similar experiences to yours, while learning about mental wellbeing in a safe and supportive environment.

Be supported to explore new strategies to:

- Identify and regulate your emotions
- Let others know how you are feeling
- Ask for help when you need it.

Join us for an exciting 3-day school holiday program.

**Discover, learn and grow with AWARE.**

**Tuesday, Wednesday, Thursday**  
14–16 April 2026  
9:00am – 3:30pm

### Where

Dapto Anglican Church  
100 Moombara Street  
Dapto NSW 2530

This is a free course with lunch and refreshments provided.

To make a referral or for more information, please contact:

**Johanne:** 0459 880 578

**Maris:** 0429 778 670

**Erica:** 0434 322 445

ANG9531



# Staying Connected When Emotions Run High

## An intervention for Families & Carers

This **FREE** workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Relationship difficulties.
- Changing emotions and strong overwhelming feelings that can make communication difficult.
- Sometimes behaves in a way that makes them a danger to themselves or others.

(Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all.)

**Workshop presented by,**  
**Dr Annemaree Bickerton &**  
**Toni Garretty**  
*Mental health facilitator and trainer*



**Details: Tuesday 10th February 2026**  
**9:30-3:30pm**

(Please arrive between 9am and 9:15am  
for registration)

**Venue:** Port Kembla Golf Club  
Golf Place, Primbee

**Cost:** FREE for Families & Carers  
(Morning Tea & Lunch provided)

**Registration Essential.** Please ensure you register your attendance via the QR code or link. Registration will be confirmed through Eventbrite.

**Scan the QR Code to register**



Registration is essential – please ensure your registration is confirmed and bring your e-ticket to the workshop.  
For enquiries please email:  
[familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au)

Proudly sponsored by:

**STRIDE** For better  
mental health







**SHARE AFFECTION  
NOT INFECTION**

Caddyshack Project  
[www.caddyshackproject.com](http://www.caddyshackproject.com)



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**CADDYSHACK PROJECT  
IS FREE & ONLINE**

Caddyshack Website  
[www.caddyshackproject.com](http://www.caddyshackproject.com)

**NSW Health's Caddyshack  
Project promotes a positive  
approach to sex, sexuality and  
sexual health in the Illawarra  
and Shoalhaven regions**

[www.caddyshackproject.com](http://www.caddyshackproject.com)  
[ISLHD-CaddyshackProject@health.nsw.gov.au](mailto:ISLHD-CaddyshackProject@health.nsw.gov.au)

**caddyshack**  
share affection, not infection





## SITUATION



Botanic gardens around the world have specialist **Seed Seekers** or **Seed Hunters** who head out into the wild or wander through plant collections searching for a piece of precious reproductive material (otherwise known as a seeds!) to grow the next generation of precious plants.

With nearly two thirds of endangered species in Australia being plants, Seed Seekers are a frontline army in saving our unique flora species.

## SEED TYPES TO LOOK OUT FOR



London Plane



Sydney Red gum



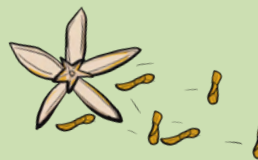
Silver Cassia



Water Lily



Serpent Tree



Red Cedar



Pandanus Palm



English oak



Woolly Brown Fig



Norfolk Island Pine



Botanic Garden  
WOLLONGONG



wollongong  
city of innovation

a service of Wollongong City Council

## SEED SEEKERS TRAIL



Botanic Garden  
WOLLONGONG



wollongong  
city of innovation

a service of Wollongong City Council

# INSTRUCTIONS

Will you help them to  
find the seeds?

There are 10 seeds to find.

Follow the map or the arrows around the  
garden and find these special seeds and  
help keep our plant communities growing.

These seeds have been hidden around  
the garden by the **Agents of Dispersal**.

Each agent has hidden 2 seeds.

## Agents of Dispersal



BALLISTIC



WATER



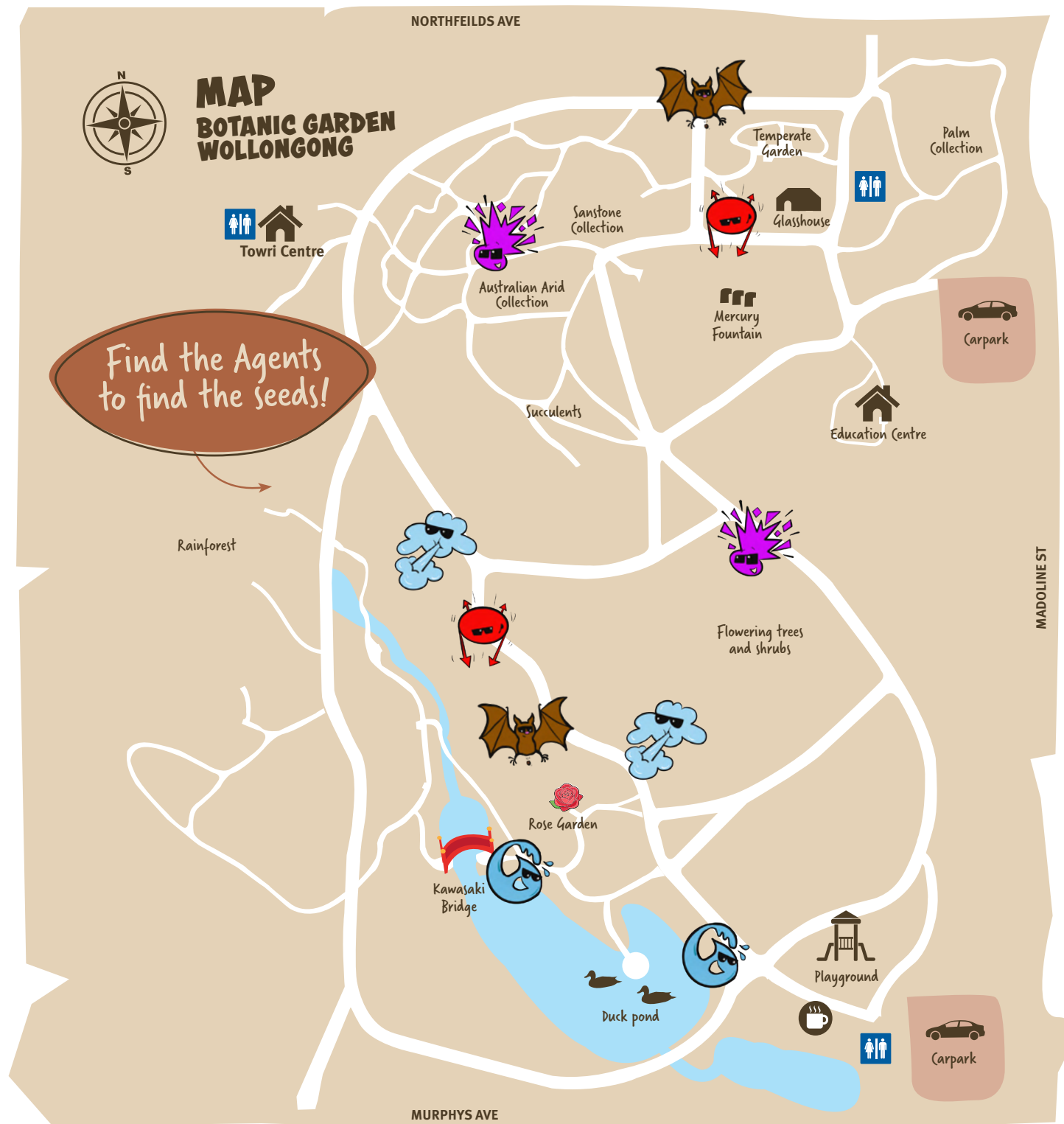
GRAVITY



WIND



ANIMALS





## Lifeline **CONNECT**

**Do you have something on your mind that is concerning you?**

**At Lifeline Connect you will be heard by trained and caring supporters and linked to helpful services if needed.**

**No Appointment Needed | Walk-ins Welcome**

**Open weekly, 3pm - 7pm**



**Wednesday  
Wollongong Library  
41 Burelli St, Wollongong**



**Thursday  
Lifeline South Coast  
Community Hub  
3 Court Lane, Wollongong**

*Excludes public holidays. Times and days are subject to change.*

*Please visit our website for the latest information, locations, times and days.*





## WHAT TO EXPECT?

You'll be welcomed by one of our friendly Connectors. You can share what's happening for you at your own pace. We will listen, understand, and explore the challenges you're facing. Together, we'll consider what's next and the kinds of support that might be most helpful for you. We can help connect you with local services such as a GP, health practitioner, community group, or other supports in the area.

"I didn't know where to turn, but The Connect Centre made me feel safe and listened to. They helped me find the right support when I needed it most." - help seeker

No concern is too big or too small. By connecting with us, you'll have the support you need to explore your options and take the next step.

## WHAT TO DO IN CRISIS

If you, or someone you know, are in crisis, it's important to seek immediate support.

**Call Triple Zero (000)** in an emergency, or contact:

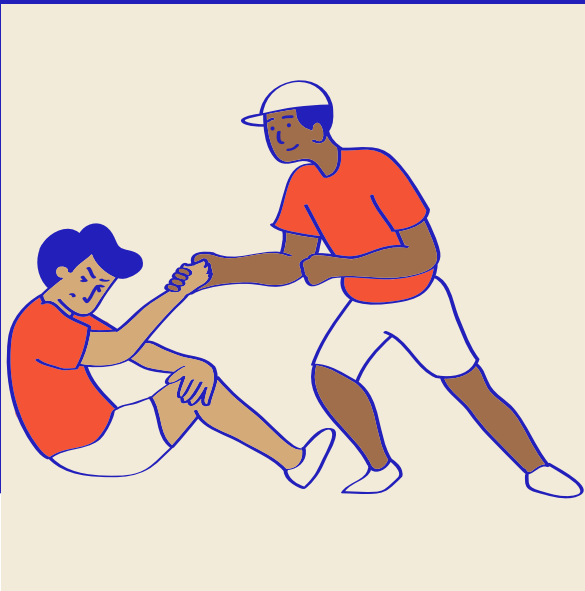
- **Lifeline: 13 11 14**
- **Beyond Blue: 1300 22 4636**

## WE CAN'T WAIT TO MEET YOU CONNECT WITH US

[programs@llsc.org.au](mailto:programs@llsc.org.au)  
[lifelinesouthcoast.org.au](http://lifelinesouthcoast.org.au)



**Are you feeling stressed,  
overwhelmed  
or need to **connect** with  
people who care?**



## About Lifeline Connect

The Connect Centre is a free drop-in service from Lifeline South Coast, here to support you through life's challenges.

Our trained team can guide you towards the right local services and supports.

You don't need an appointment—simply come in and chat with us in a safe and welcoming space.

Everyone is welcome.  
**—you are not alone.**

At The Connect Centre, you'll find:

- Friendly one-on-one chats to talk through what you need
- Connections to local health, community, and social services
- A calm, welcoming space with no judgment
- Guidance if you're unsure where to turn for help



Open weekly 3:00pm - 7:00pm

Walk-in service

No appointment needed

Free of charge for everyone

## Wednesday's @

Wollongong Library

41 Burelli St, Wollongong

## Thursday's @

Lifeline South Coast

Community Hub

3 Court Lane, Wollongong

Excludes public holidays.

Times and Days are subject to change.

Please visit our website for the latest information, locations, times and days.



Family Services AUSTRALIA

**Psychology**

Therapy • Assessments • Groups

## Who We Are

FSA Psychology is an initiative of Family Services Australia, a not-for-profit community organisation committed to breaking the cycle of disadvantage and advocating that all people have the right to participate in the community. We provide a range of support services across the lifespan. We have extensive clinical mental health expertise and an ethos of meeting people where they're at.

## What We Do

### Assessment

At FSA Psychology, we understand that assessing cognitive abilities and evaluating various aspects of development is crucial for understanding an individual's strengths, weaknesses, and potential areas of improvement. We are committed to delivering high-quality, neuroaffirming assessments that can inform personalised interventions and support strategies.

### Intervention

Our Psychological Intervention service supports individual's across the lifespan with the aim of connecting with people where they are at. Our clinicians proudly take a neuro-affirming and trauma informed approach to therapy and place a strong focus on client-centered intervention. We are committed to supporting varied presentations and tailor interventions support individual need.

### Groups

FSA Psychology offer a range of options for group programs and support, based on the varied skillset and training of our team. We are passionate about running groups that are neuro-affirming and cater to the needs of the community. Our groups allows people with similar experiences and goals to come together to achieve a shared outcome.

We are currently taking expressions of interest for our 2026 group programs.

find us on



**1800 372 000 (option 2)**

[fsapsychology@familyservices.org.au](mailto:fsapsychology@familyservices.org.au)



[fsahealthwellbeing.org.au/](https://fsahealthwellbeing.org.au/)



1 Lamerton Crescent  
Shellharbour City Centre  
NSW 2529



Family Services AUSTRALIA

**Psychology**

Therapy • Assessments • Groups

## Therapy Supports We Offer

Our team is able to support *children, adolescents* and *adults* with a range of presentations and approaches:

Anxiety



EMDR

Depression

Trauma informed care

Neuroaffirming care



Grief and life transitions

LGBTIQA+ affirming care

Connection and belonging

Supporting parents and carers



Understanding child behaviour

## Assessments We Offer

### Cognitive

Explores strengths and challenges relating to thinking, problem solving, and understanding information.

### Autism

Explores the unique strengths and challenges of each individual seeking to explore whether an autistic profile fits an individual's experience of the world.

### Intellectual Disability

Explores cognitive, learning and daily living skills to determine functioning across environments.

### Comprehensive

A comprehensive assessment includes any combination of the assessments outlined above. This is dependent on individual circumstances.

### Attention-Deficit/Hyperactivity

Explores the unique differences in how an individual's brain processes and manages information and whether an ADHD profile fits an individual's experience of the world.

### Learning

Explores whether challenges relating to english, math or writing may be occurring (also known as dyslexia, dyscalculia and dysgraphia), or whether an individual is gifted in their learning.

## Current Group Programs

### Westmead Feelings Program

An emotion-based learning group designed to assist young people with a diagnosis (or suspected diagnosis) of Autism with developing their skills in Social Navigation and Emotion Regulation.

Westmead Feelings Program 1: Suitable for young people aged 5-6 with a diagnosis of Autism OR aged 7-8 with a diagnosis of Autism and mild intellectual disability.

Westmead Feelings Program 2: Suitable for young people aged 7-12 with a diagnosis of Autism and no accompanying intellectual impairment.

### LEGO® Based Therapy

A neuro-affirming and child led intervention, that takes a play based approach to supporting children to develop their social communication skills.

This group aims to assist young people building social navigation and communication skills and developing their problem solving skills

LEGO based therapy is suitable for young people aged 9-12 years old.

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.



**1800 372 000 (option 2)**

[fsapsychology@familyservices.org.au](mailto:fsapsychology@familyservices.org.au)



[fsahealthwellbeing.org.au/](https://fsahealthwellbeing.org.au/)



1 Lamerton Crescent,  
Shellharbour City Centre  
NSW 2529



Hi! For any Community Engagement enquires please feel free to email me at [jkolevris@gph.org.au](mailto:jkolevris@gph.org.au).

Please see below some of the workshops we are running this term/year!

## Workshops:

### Crafty conversations:

[Click here for info/registration](#)

### OutAndAbout (adult group):

[Click here for info/registration](#)

### Transparent:

Monthly Support group on the 1<sup>st</sup> Wednesday of every month for parents/carers of trans and gender diverse young people.

### Rainbow League:

Weekly drop-in at Wollongong Youth Services 3:30-5 Mondays.

### TAG (Trans and Gender Diverse Group):

[Click here for info/registration](#)





# 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 register:**

Young people can self-refer by clicking the button below or calling 1800 810 794. If you have any questions, feel free to call this number too.



**Website:** [headspace Work & Study Online](#)



# HIPPY Early **FREE** Education Program

The HIPPY program is a **FREE** early learning and parenting program for children in the two years before they start school.



HIPPY runs during school terms and supports:

- play based learning
- you as your child's first teacher
- your child's transition to school
- child development, community connection and confidence

HIPPY is available in the Warrawong, Lake Heights, Primbee, Port Kembla, Berkeley, Unanderra and Cringila areas.

All learning materials are provided by our educators.

**For more information contact our HIPPY Co-ordinator** by calling 4275 8575 or email us [coordinatorhippy@barnardos.org.au](mailto:coordinatorhippy@barnardos.org.au)

**Express your interest today!**

Scan the QR code to find out more



**barnardos.org.au**

ABN 18 068 557 906 | A Company Limited by Guarantee  
Registered Charity | SC\_22\_275750



**Barnardos Australia**

# what is headspace Work & Study Online Support?

**headspace Work & Study Online Support 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 also have the option of additional help through our post-placement support phase.

headspace Work & Study Online Support 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 Support 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 Support 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 Support felt a reduction of their mental health and wellbeing difficulties in relation to their work and study goals.**

## How can young people access headspace Work & Study Online Support?

Young people can book their first appointment via: [headspace.org.au/online](https://headspace.org.au/online)

External services that support young people can refer them to our program via our referral form. This allows for additional supportive information about the young person to be included in the referral and provides data on the number of referrals the service has made over time and its impact.

**Access the resources and support from the comfort of my own home.**

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
- Homelessness
- Other work or study services

Our partnerships allow us to integrate headspace Work & Study Online Support into your service offerings. Contact us if you're interested in learning more via:

[workandstudy@headspace.org.au](mailto:workandstudy@headspace.org.au)

### Alex's story

***"headspace Work & Study Online Support 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 Support. 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](https://headspace.org.au/online)

### Call

1800 810 794

### Email

[workandstudy@headspace.org.au](mailto:workandstudy@headspace.org.au)



# Empower YOUR CLIENTS

## FREE 'GET THE JOB' WORKSHOP

The ultimate workshop for interview success and confidence

### About the Workshop

An interactive session designed to prepare clients for job interviews and employment success. The workshop helps women build confidence and self-esteem and feel ready with a polished professional look.

Includes:

- One-hour presentation - making a good first impression and interview techniques.
- Personalised styling session - participants select and keep a FREE interview outfit.

### Why Choose Dress for Success?

With a proven track record of supporting thousands of jobseekers, our workshops are professional, practical, and designed to deliver results. Your clients will feel job-ready and empowered to take the next step.



**Location:**

2/210 Cowper St, Warrawong

Use the QR code or link to check availability and book your group.



**Duration:**

2 hours



**Cost:**

Free



**Participants:**

Min. 3/ Max. 10 per group



<https://bit.ly/getthejobworkshop>



NSW & ACT - ILLAWARRA

[www.dfsnswact.org.au/illawarra](http://www.dfsnswact.org.au/illawarra)



# MONKEY MONDAY'S PLAYGROUP



**WHEN: MONDAYS 9:30 AM - 11:00 AM DURING SCHOOL TERMS**

**WHERE: PLAYGROUND AT 41 WORRIGEE STREET NOWRA**

**COST: FREE**

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A weekly playgroup supporting children, families and carers.  
Come and play, create, read stories and meet new people.

All are welcome - registrations are essential, please  
call 4421 5077 to register.

Please bring a sunhat and water bottle, morning tea  
will be provided.

---

**FOR MORE INFORMATION**

T: 4421 5077    E: [info@sns.org.au](mailto:info@sns.org.au)    W: [sns.org.au](http://sns.org.au)



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.



## Kids Time Playgroups

Make Way For Play

**Free fun weekly play sessions for children aged 0 to 5 years and their families/carers. 10am to 12pm during school terms.**

**Play sessions include morning tea, fun play and learning activities, and parenting and community information.**



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**Tuesday** Barnardos Children's Family Centre  
13 Greene Street, Warrawong

**Wednesday** Berkeley Neighbourhood Centre  
Winnima Way, Berkeley

**Thursday** Bundaleer Community Centre  
Northcliffe Drive, Warrawong

\*\*\*\*\*

Please come along and join us or call for more information 4275 8575 or 0477 808 026.

[barnardos.org.au](http://barnardos.org.au)



ABN 18 068 557 906 | A Company Limited by Guarantee  
Registered Charity | SC\_24\_0087

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Registered Charity | SC\_24\_0087





## Unanderra Play Ranger

Make Way For Play

**Free fun weekly play sessions  
for children aged 0 to 5 years and  
their families/carers. 10am to 12pm  
during school terms.**

**Play sessions include, fun play  
and learning activities, and parenting  
and community information.**

Our playgroups are currently located at  
**Charcoal Park Factory Road, Unanderra**  
**From 10am-12pm**

Monday



Please come along and join us or call for more  
information 4275 8575 or 0477 808 026.

[barnardos.org.au](http://barnardos.org.au)



## Unanderra Play Ranger

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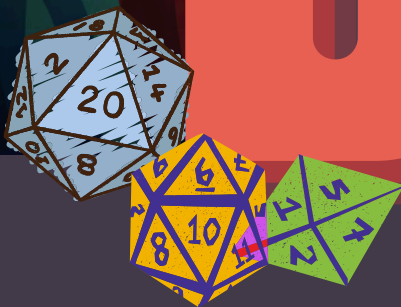
[barnardos.org.au](http://barnardos.org.au)



come and join for game night!



# DUNGEONS & Dragons



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](mailto: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](mailto:library@kiama.nsw.gov.au)

**FREE** FOR YOUNG  
PEOPLE IN  
GRADES 7 TO 12

**WALK-INS WELCOME, NO REGISTRATION NEEDED**



# 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](mailto:gzentrich@gph.org.au) for further  
information or call us on 4225 5670**



**Scan me**



# Screen Time Tips for Families

Join us for a **free 1-hour session** with practical tips to help your family build healthy screen habits.

**FREE WEBINAR**



## The session will explore:

- ✓ Screen time verse screen quality
- ✓ Tech tantrums
- ✓ Rules for technology use
- ✓ Online safety
- ✓ Children's digital citizenship



## Presented by

Michelle Barry Healthy Cities Australia  
Michelle Weisbaum and Lisa Barber  
Life Ed

Bree Capel ISLHD Health Promotion

## Workshop details



When:  
Wednesday 11 February, 2026



Time:  
7:30-8:30pm including Q&A



Where:  
MS Teams

## Register now

Click the link or scan to register.



In partnership with Illawarra Shoalhaven Local Health District and Life Ed.

# Seasons for Life

Increasing the capacity of Australian secondary schools with evidence-based loss and grief education following a suicide or other loss event.

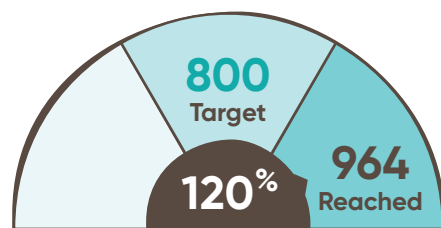


July 2022 - November 2025

Funded by the Department of Health, Disability and Ageing under the National Suicide Prevention Leadership and Support Program (2022-27), Seasons for Life supports young people by building the capacity of Australian secondary school communities.

964

Schools engaged in initiative



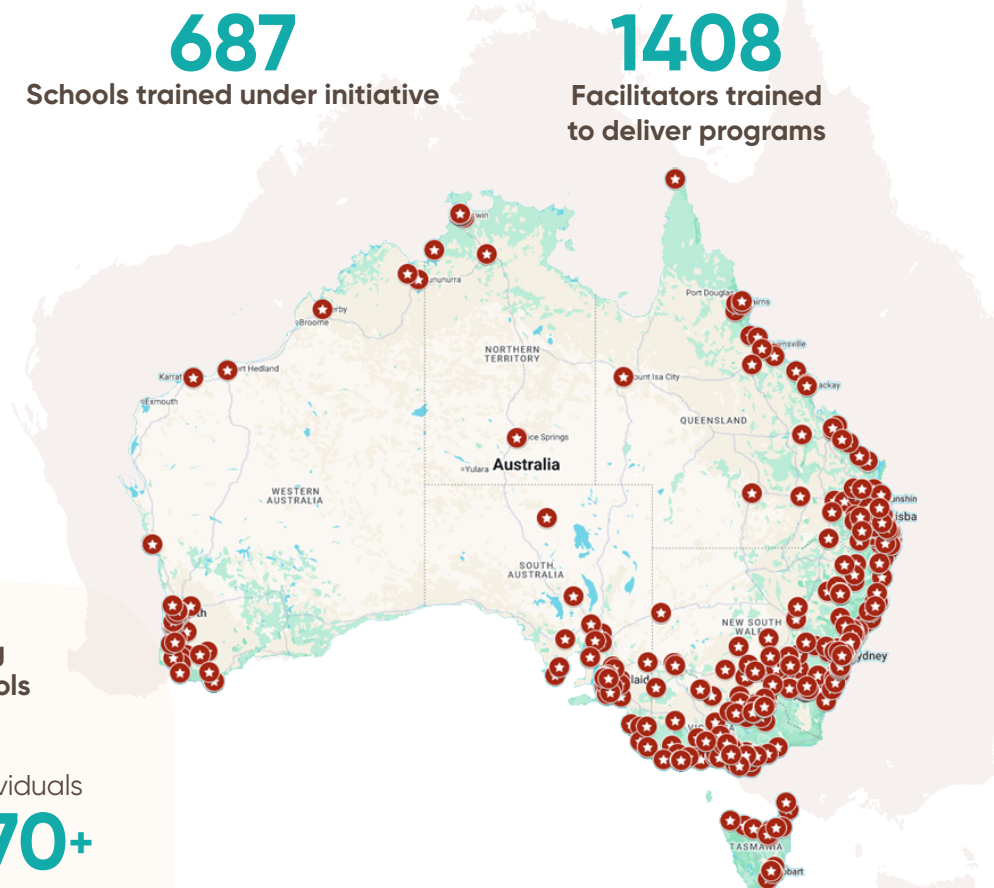
Achieved 120% of targeted 800 schools

687

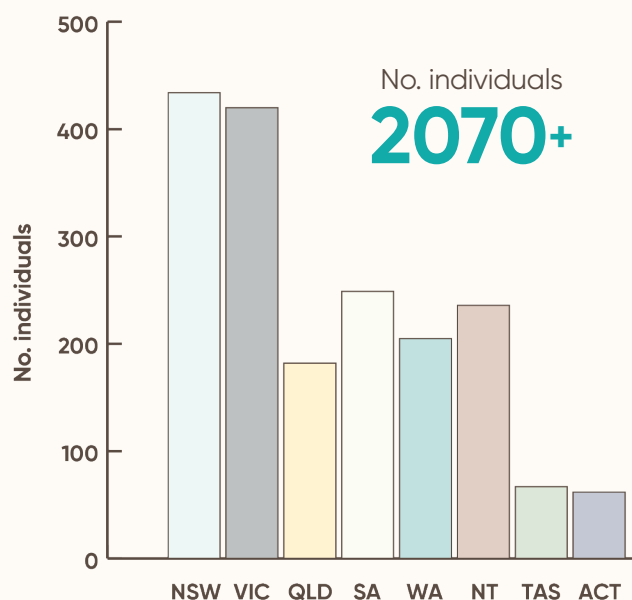
Schools trained under initiative

1408

Facilitators trained to deliver programs

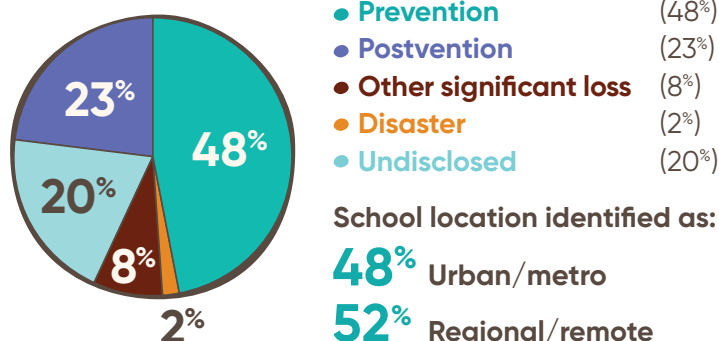


55 Staff Professional Learning sessions delivered in schools



No. individuals  
2070+

School identified reasons for engaging as:



School location identified as:

48% Urban/metro  
52% Regional/remote

The Seasons for Life initiative is designed to build the capacity of a school community to support their young people, parents and carers, and staff following a suicide or other loss event.

## Seasons for Life

Five components,  
one wraparound initiative



Funded by the Department of Health, Disability and Ageing (2022-27) under the National Suicide Prevention Leadership and Support Program, Seasons for Life is overseen by a national Advisory Group and is being evaluated by the University of New England.

The initiative provides Australian secondary schools with:

**Training for staff to deliver the evidence-based Seasons for Growth** program to strengthen the emotional and mental wellbeing of young people who are adapting to experiences of change, loss and grief in their lives, including a loss by suicide.

**Training includes supplementary learning** that highlights considerations specific to implementing the program following a loss by suicide.

**Training for staff to deliver the Parent/Carer Session** to build understandings about loss, grief, the impact of suicide loss on young people, and what parents and carers can do to support their children.

**All Staff Professional Learning session** to build the capacity of school staff to understand, recognise and effectively support young people experiencing loss and grief, including cultural considerations when supporting Aboriginal and Torres Strait Islander young people.

**Keeping Spirit Strong** resources created in consultation with Aboriginal and Torres Strait Islander people to build the cultural knowledge, confidence and skills of staff to provide support to Aboriginal and Torres Strait Islander families experiencing loss and grief. Resources include a directory, booklet, and eLearning module.

“

One of the things I learned was that life keeps going on. I feel like in the moment it just felt so big and just felt like it would never go on, but I learnt that it does.

Young person, Seasons for Growth

“

I feel like I got closer to my friends knowing that I wasn't the only person experiencing those emotions that we talked about.

Young person, Seasons for Growth



### Seasons for Life Videos

Young people and school communities share their experiences.

[mackillopseasons.org.au/Videos-and-podcasts](https://mackillopseasons.org.au/Videos-and-podcasts)

Contact: Renae Pettit via email [renae.pettit@mackillop.org.au](mailto:renae.pettit@mackillop.org.au)





# 7 WAYS TO BUILD STUDENT WELLBEING



**Support your students' mental health by creating opportunities for connection and a positive school culture, using a student-led approach.**

Here are 7 ways to boost your students' sense of wellbeing:

1. **Build strong relationships.**
2. **Help students become resilient.**
3. **Encourage positive thinking.**
4. **Foster an anti-bullying culture.**
5. **Empower students to be leaders.**
6. **Support students through change.**
7. **Focus on teacher wellbeing too.**

The **Peer Support Program** is a proven way to improve student wellbeing. By focusing on building relationships, developing leadership skills, and fostering resilience, the program empowers students to manage life's challenges with confidence and optimism.

For more information, contact us at:

☎ 1300 579 963  
✉ [admin@peersupport.edu.au](mailto:admin@peersupport.edu.au)  
🌐 [www.peersupport.edu.au](http://www.peersupport.edu.au)



## DOWNLOAD OUR FREE RESOURCES

We offer free e-books to support your work in boosting whole-of-school wellbeing. Click the links to download your copy today:

[Primary school teachers: Tips for boosting whole-of-school wellbeing.](#)

[Secondary school teachers: Tips for helping students start high school.](#)



## JOIN A WORKSHOP TO LEARN HOW TO IMPLEMENT OUR PROGRAM AT YOUR SCHOOL

The details of our upcoming one-day workshops are:

- Tuesday 3 March in Sydney (CBD)
- Tuesday 10 March in Gosford
- Tuesday 5 May in Sydney (CBD)
- Thursday 21 May in Canberra, ACT

We also offer 2-hour online workshops. Click below to view more details:

[\*\*BOOK YOUR PLACE\*\*](#)



# Teen Getting on Track in Time! - Teen Got It!

## Telehealth Program

“Teen Got It!” (TGI!) is an early intervention program for young people aged 10 to 17 who display oppositional and/or aggressive behaviours occurring within the home, school and/or in the community.

The TGI! telehealth program is voluntary and delivered by a multidisciplinary team of Mental Health Clinicians from Justice Health NSW, over 5 sessions. The program is underpinned by evidence-based interventions that are interactive and practical.

### During the program young people:



- increase their capacity to cope with stress
- learn skills in managing emotions and distress tolerance
- develop problem solving strategies and conflict management skills
- improve their relationships with others at home, school and in community
- engage in help-seeking behaviours alongside strategies for supporting keeping well

### Caregivers focus on:



- managing stress and engage in self-care
- enhancing parenting/caring capacity
- reinforcing young person's strengths and positive qualities
- managing disruptive behaviours
- improving communication and family connection

Teen Got It! also support young people and their parent/caregiver in navigating pathways for ongoing mental health care as appropriate.

**IF YOU HAVE ANY QUESTIONS ABOUT  
THE PROGRAM PLEASE CALL 9700 2237  
OR ALTERNATIVELY EMAIL THE TEAM AT  
[JHFMHN-GOTIT@HEALTH.NSW.GOV.AU](mailto:JHFMHN-GOTIT@HEALTH.NSW.GOV.AU)**



# Teen Getting on Track in Time! - Teen Got It!

## Frequently Asked Questions

### Who is suitable for the program?

Consenting young person (10-17 years) and family who are presenting with disruptive behaviour and are:

- Engaged (or intended engagement) in some form of education
- Able to (including primary caregiver) attend weekly online sessions
- Able to access technology, such as computer, tablet, or smartphone, to participate in sessions
- Able to engage in a cognitive behaviour therapy program
- Clinicians determine TGI! suitability, overseen by a consultant psychiatrist.

### Who can refer to TGI!?

The young person, a family member, or any support service who have consent from the family/young person can refer to TGI!. We recommend that if a primary health provider is involved, they are aware of the referral, and can provide information as required.

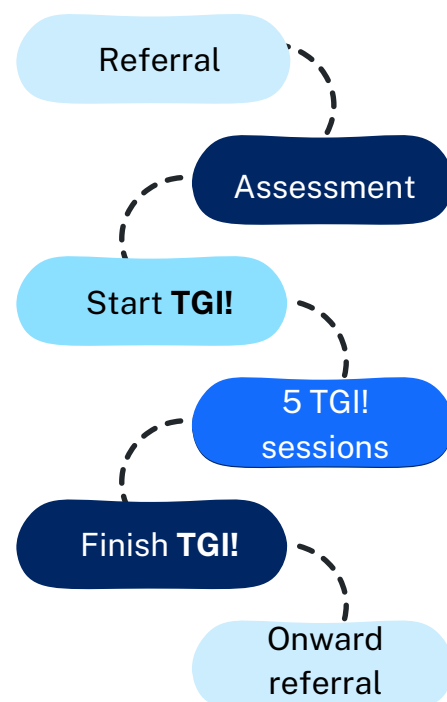
### What happens after a referral is submitted?

Once a telehealth TGI! referral is received, our team will:

1. Contact the referrer, the primary care provider, the family and young person to confirm it is an appropriate time to offer the program.
2. Complete a telehealth mental health assessment with the young person and caregiver to determine program suitability.
3. If suitable, we start the five week telehealth program with both the young person and caregiver.
4. Finish the program! At the end of the program, TGI! clinicians may refer the young person and/or family for on-going supports.

### Can the young person have a support person?

Absolutely! At every stage of the TGI! journey, a support person can be nominated to assist during the assessment and TGI! sessions.





## TRANSITION TO WORK PROGRAM

### Supporting young people aged 15-24 to move into ongoing employment or education

Workforce Australia - Transition to Work is a time limited (18-24 month) employment service that supports disengaged young people at risk of long-term unemployment.

Participants receive intensive, pre-employment support to develop practical skills to get a job, connect with education or training, find local job opportunities and connect with relevant local community services.

TtW has a strong focus on helping young people to understand what is expected in the workplace and to develop the skills, attitudes and behaviours expected by employers.

### Eligibility

#### Group 1 – On income support and referred by Services Australia

#### Group 2 – Not on income support and self-referred

If you are aged 15-24 and meet the following criteria you can self-refer to the Transition to Work program and get assistance to find employment or education that suits your goals: Eligibility Criteria:

- Aged 15-24 (Core Criteria) *and*
- Australian citizen or holder of a permanent or nominated Visa (Core Criteria) *and*
- Not receiving an Activity Tested Income Support Payment *and*
- Not already in provider-delivered employment services *and*
- Disengaged from education *and*
- Disengaged from Employment (have not worked an average of 8hrs or more per week for the previous 4 weeks) *or*
- An indigenous Australian

**To test your eligibility for services contact an OCTEC Transition to Work consultant on the number provided below.**



## The Service

Participants are connected with a Transition to Work Employment Consultant on commencement who will work closely with them throughout their time in the program.

Transition to Work Consultants support participants throughout their journey from commencement until they are successful in finding and sustaining suitable employment.

Our Transition to Work consultants work closely with each participant, assessing participant's unique strengths, skills, goals and dreams, as well as any barriers that may prevent those goals from being reached. Providing services tailored to the individual participants needs.

We equip young people to compete in their local labour market through the development of individual Job Plans and coaching in the skills required to secure employment.

We connect participants to accredited vocational training and relevant licences or accreditations.

We connect young people to specialist support services such as mental health support and cultural services.

## Participant Requirements

To meet their requirements for the program participants need to engage in activities on a weekly bases, in most cases this requirement is 25hrs per week. The participant can use a variety of activities to meet this requirement and OCTEC staff assist the participant in engaging in these activities. Examples of activities:

Vocational Activities	Non Vocational Activities
<ul style="list-style-type: none"><li>• Paid Employment</li><li>• Training with a Registered Training Organisation</li><li>• Volunteer Work</li><li>• Paid Work Trial</li><li>• PaTH Internships</li><li>• National Work Experience Program (NWEP)</li><li>• Skills for Education and Employment (SEE)</li><li>• Adult Migrant English Program (AMEP)</li><li>• Defence Reserves</li><li>• Work experience</li></ul>	<ul style="list-style-type: none"><li>• Career Counselling</li><li>• Cultural Services</li><li>• Parenting courses</li><li>• Interpersonal skills courses</li><li>• Personal development courses</li><li>• Motivational workshops</li><li>• Mentoring</li><li>• Presentation skills</li><li>• Internal OCTEC workshops</li><li>• Job Search Workshops</li><li>• Counselling services</li><li>• Homelessness interventions</li><li>• Disability interventions</li><li>• Mental health support</li></ul>

## More Information

Contact **OCTEC's Transition to Work Program** to get more information on eligibility and how our consultants can support you to reach your goals.

**OCTEC Transition to Work Contact Person: Lesley Hallett**

**OCTEC Transition to Work Phone: 0411 438 257**





# Something TO DO

Jan-Apr  
2026

Dharawal Country

## YOUTH IN FASHION

An 8 week program where you can learn to design and sew your own clothes.

Tuesdays 4 - 5.30pm  
@ Wollongong Youth Centre

## ON STAGE

Live music, performances + open mic. Check out our socials for details.

Fortnightly Thursdays 6pm  
@ Wollongong Youth Centre

## CRAFTS + CHAT

Enjoy the chill creative vibes with our young artist in residence. Explore new art + craft mediums including drawing, painting, collage.

Fridays 3.30 - 5pm  
@ Wollongong Youth Centre

## REHEARSAL SPACE

Fully equipped sound proof music rehearsal room \$5pp for 2hr sessions - bookings essential.

Tuesday - Saturday  
@ Wollongong Youth Centre

## STREET ART

Come along and learn all things street art painting.

Wednesdays 3.30 - 5.30pm  
@ Wollongong Youth Centre

## FOR THE RECORD

Tune into our podcast on Spotify.



## DND

Come and play tabletop games in our Auditorium.

Tuesdays 3.30 - 5.30pm  
@ Wollongong Youth Centre

## RAINBOW LEAGUE

A social group for LGBTQIA+ young people.

Mondays 3.30 - 5.30pm  
@ Wollongong Youth Centre

## BELLAMBI CONNECT

Learn new stuff + meet new people. A range of activities including games, art + more for young people aged 12 - 18.

Mondays 1.45 - 3.45pm @  
Bellambi Neighbourhood Centre

## TEENZ CONNECT

A range of activities including old school games, crafts, creative play, special guests + more! For young people aged 12 - 18.

Thursdays 3 - 5pm  
@ Warrawong Library

## BUNDALEER CONNECT

An arvo of sports, games + food. Get active, catch up with friends + more for young people aged 12 - 18.

Mondays 3 - 5pm  
@ Bundaleer Community Centre

## DAPTO CONNECT

Learn new stuff + meet new people. A range of activities including games, art + more for young people aged 12 - 18.

Wednesdays 3 - 5pm  
@ Dapto Ribbonwood Centre

## TOUR N TALK

Come along and receive a tour of the WYS. Open to parents, support workers + young people.

Drop by, give us a call  
or DM our socials  
@ Wollongong Youth Centre

## EVENTS

Feb - New Band Jam  
March - IWD Event  
April - Youth Week

Check our socials for updates.

## GOT A QUESTION?

Chat to our youth workers. They take time to listen, understand + provide info + help you explore your options.

Drop by, give us a call  
or DM our socials  
@ Wollongong Youth Centre

## HANG OUT

Comfy lounges, WiFi, pool, table tennis, gaming, charging stations + more.

Tuesdays 3 - 6pm  
Thursdays 3 - 8pm  
Saturdays 1 - 4pm  
@ Wollongong Youth Centre

\* Programs start in Week 2 of the term, unless stated otherwise.

For more info DM our socials or call 4227 8222  
Activities are free, supervised & for ages 12 - 24 years  
(unless otherwise specified)



WOLLONGONGYOUTHSERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Young Yarns Playgroup</b> <b>9.30am-11.30am</b> <b>Albion Park Rail Public School</b> Playgroup for Aboriginal children 0-5 years	<b>Gubidja Wurrangalali Gooyoong Playgroup</b> <b>9.30am-11.30am</b> <b>Cullunghutti</b> Playgroup for Aboriginal children 0-5 years in conjunction with Cullunghutti	<b>PlayConnect Playgroup</b> <b>10am-11.30am</b> <b>Noah's Sanctuary Point</b> Playgroup for children 0-5 years with Autism or development concerns	<b>Burri Burri Playgroup</b> <b>10am - 12pm</b> <b>Gerrington Public School</b> Playgroup for Aboriginal children 0-5 years	<b>Little Steps Playgroup</b> <b>9.30am-11.30am</b> <b>Noah's Sanctuary Point</b> Playgroup for children 0-5 years who don't attend other care
<b>Bilima Booris Playgroup</b> <b>9.30am-11.30am</b> <b>Noah's Sanctuary Point</b> Playgroup for Aboriginal children 0-5 years	<b>Little Steps Playgroup</b> <b>9.30am-11.30am</b> <b>Noah's Nowra</b> Playgroup for children 0-5 years who don't attend other care	<b>My Time</b> <b>9.30am – 11.30am (not held every week)</b> <b>Noah's Batemans Bay</b> Peer Support Group for parents/carers of children with additional needs	<b>Gudjaga Waradba Playgroup</b> <b>10.30am-12.30pm</b> <b>Noah's Nowra</b> Playgroup for Aboriginal children 0-5 years in conjunction with Waminda	<b>For more information or to book into any of these programs, please phone (02) 4423 5022. To learn more about Noah's Inclusion Services, visit <a href="http://noahs.org.au">noahs.org.au</a> or follow us on Facebook or Instagram.</b>  <b>Other Noah's Programs (contact us for availability):</b>  Be My Best Behaviour Support Family Support and Training Parent Connect SWAY Program PEERS Program Secret Agent Society SOS Feeding Program Circle of Security
<b>Gugunyal Bagan Playgroup</b> <b>9.30am-11.30am</b> <b>Noah's Ulladulla</b> Playgroup for Aboriginal children 0-5 years	<b>My Time</b> <b>10am-12pm (not held every week)</b> <b>Noah's Ulladulla</b> Peer support group for parents/carers of children with additional needs		<b>Little Steps Playgroup</b> <b>9.30am-11.30am</b> <b>Noah's Ulladulla</b> Playgroup for children 0-5 years who don't attend other care	
			<b>Jump In Early Intervention Group</b> <b>9.30am-11am</b> <b>Noah's Batemans Bay</b> Early intervention group for children 3-6 years with an NDIS Plan	

**My Time / Parent Connect Sessions (not held every week)**  
**10am-11.30am/12pm**  
**Noah's Nowra**  
 Peer support group for parents/carers of children with additional needs

**NDIS Services by appointment (contact us for availability)**

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

**Noah's Centres:**

Nowra
Ulladulla
Sanctuary Point
Eurobodalla
Illawarra (no groups this term)



## Noah's Inclusion Services - Term 1 2026 Groups Timetable