

## Two Free Programs

### TALKING REALITIES

YOUNG PARENTING PROGRAM

A pathway to study or career goals!

### MANIC MONDAY

YOUNG PARENTING GROUP

Make new friends!

Learn new skills!



# ABOUT headspace

headspace has been established throughout Australia to help young people aged 12-25 and their families deal with various problems and issues. Help can be accessed from experts in a range of areas.

Riverland headspace can assist with questions or issues relating, but not limited to:

- general physical health
- sexual health
- contraception
- relationships
- mental health
- substance use
- work or education

The Riverland headspace team is experienced and passionate about working with young people.



Riverland Division of General Practice Inc.



tafeSA

SouthAustraliaWorks  
 linking people, skills and jobs



Australian Government  
 Department of Education, Employment and Workplace Relations



## Making Time For Young Parents

# ABOUT MANIC MONDAY

## YOUNG PARENTING GROUP

- **FREE** for young parents or parents to be, aged 22 and under and their children.
- **TO** come together, share stories, make new friends with similar interests and learn new skills.
- **CRÉCHE** on site so parents can have some well deserved "me" time while their children are being cared for by qualified and professional child carers. Bring your own food, drink and changing needs for children, everything else is free!
- **COOK** your own lunch from free healthy recipes and ingredients supplied.

**EACH SESSION:** Consists of a planned activity and/or guest speaker. Topics depend on the needs of the group.

Everyone attending is provided with their own folder containing useful information about Riverland services, activity instructions and recipes.

- Casual atmosphere, the emphasis is on having fun
- Learn valuable skills
- Build self confidence
- Work toward future goal setting
- Meet more people
- Enjoy parenting!

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**FREE** each school term, every Monday for four hours  
Vine Community Church Jellet Road Berri

**For more information:**

phone **headspace** 8582 4422

**No need to book, just go!**



# ABOUT TALKING REALITIES

## YOUNG PARENTING PROGRAM

- **FREE** for young parents, or parents to be, aged 21 or under and their children.
- A simple way to get back to achieving study or career goals which might have been put on hold while parenting.
- Gives young parents the opportunity to continue studying in a casual environment with other like-minded young people.
- On completion of your Talking Realities training receive a nationally recognised 6 units (half) of Certificate 3, Community Services Certificate. The Community Services Certificate is an introduction to working in community jobs like, youth worker, child care worker, aged care or support worker. It can also be used as recognition for other courses. In other words you are completing half of a TAFE course, without having to attend TAFE, and for free!
- On completion of your Talking Realities training you will be offered a position as a **headspace** Peer Educator, a paid position, which involves talking to other young people about the realities of becoming a parent at a young age. You will also receive access to other **headspace** services.

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**CRÉCHE** on site, children cared for by qualified and professional child carers, bring your own food, drink and changing needs for children, everything else is free!

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**FREE** training runs approximately two school terms once a week for a four hour period  
Vine Community Church Jellet Road, Berri

**Bookings necessary as these sessions are more structured.**

Phone **headspace** 8582 4422

