

# Program of Events headspace Berri's headspace Birthcas 10th Birthcas

9 October 2018

2 till 7pm

Join us for a FREE afternoon of games, activities and food to celebrate our 10th Birthday.

headspace Berri 3 Riverview Drive Berri

headspace National Youth Mental Health Foundation and is funded by the Australian Government Department of Health.

### headspace Berri's 10th Birthday 10gram of Events



#### On the Riverfront

Face Painting

Han, Jess and Yas are joining our celebration to entertain us all with FREE face painting.

2.00pm - 4.00pm

**Yoghurt Bar** 

Get creative and make your own yoghurt masterpiece, yum!

2.00pm - 4.00pm

**Chill Zone** 

Relax with some colouring in or grab a yoga mat or bean bag and treat yourself to some chill time.

2.00pm - 4.00pm

Lawn Games: Jenga, Connect 4 & Musical Statues

Head on over and give the games on the lawn a go!

2.00pm - 4.00pm

**Stress Ball Making** 

De-stress and have a go at making your own stress balls.

2.00pm - 4.00pm

Mindfulness:
Mind with Heart

Join Barb on the riverfront for some guided mindfulness practice.

3.30pm - 4.00pm

2 till 3.30 pm

Afternoon Tea including food and drinks will be available





All welcome to join us for formalities, Birthday Cake and party games

at pm



#### Createspace

Make your own Dream Catcher, SuperhERO Mask or have a go at Zine Making (combining poetry, sketching, collage, cut-ups and creative writing).

2.00pm - 3.30pm

#### **Game Zone**

For the gamers, grab a controller and join the fun on the Wii in the games room.

2.00pm - 4.00pm

5.00pm - 7.00pm

#### **Art Gallery**

Be sure to view the art work by talented young Riverlanders on display in the centre.

2.00pm - 4.00pm



Join Rhythmic
Drumming Riverland
for a fun mindful
drumming session. Be
sure to book your
spot.

5.45pm - 7.00pm

#### Readspace

Visit our reading nook and book exchange. Choose a book to take away or take time to chill out in the reading space.

2.00pm - 4.00pm

5.00pm - 7.00pm

#### Festival Make-up

Add some glam and sparkle with Freelance MakeUp By Rochelle.

2.00pm - 4.00pm

#### Guided Centre Tour

Let staff and members from the hERO group take you on a tour of our facilities. Tours commence 1/2 hourly.

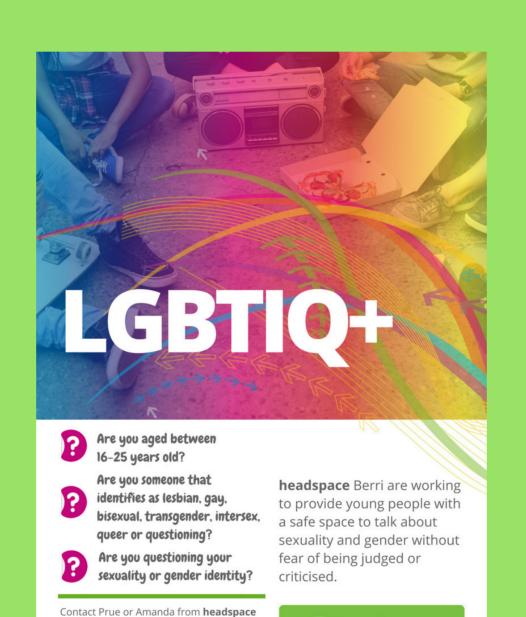
2.00pm, 2.30pm, 3.00pm,

3.30pm & 5.00pm



## current Programs at: headspace Berri

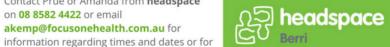


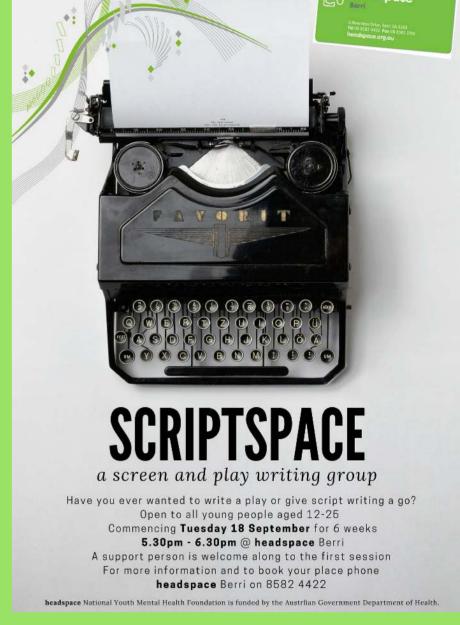


on 08 8582 4422 or email

akemp@focusonehealth.com.au for

a chat about coming along to our group.





Thanks to all the staff at **headspace** Berri and FocusOne Health, the hERO group, our Consortium Members and the local community for making **headspace** Berri's 10th Birthday celebration possible.



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