



CASTLE HILL FUSED



Details:

Who: 13-17 year olds

When: 6pm - 8pm,
5 nights per term

Cost: FREE

Location: headspace Castle Hill
253 Old Northern Road
Castle Hill, NSW 2154

Get ready to go on the journey of a lifetime.

Fused is a 5-week after hours program for young people to experience a unique youth-led environment that encourages them to challenge themselves, connect to others and grow their self-awareness and resilience. Fused is a safe space for young people to push their comfort zones and explore who they are. Fused is open to all young people and young people can attend multiple terms.

What to expect

Each workshop is designed to meet the specific needs of teenage participants while encouraging what it is to be a young person. Workshops provide opportunities for participation in interactive youth-led discussion and activities that encompass issues that all young people face.

Each Fused workshop includes:

- 3 Reach crew who design, facilitate, lead and guide all the experiences for young people.
- 3-5 crew members who provide peer support to young people participating, as well as support to the lead crew to ensure that activities run smoothly
- headspace Castle Hill wellbeing professionals who provide wellbeing support to participants

Wellbeing support framework

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety of all participants.

Young people are supported by trained crew and wellbeing professionals in all Reach workshops. Due to the nature of workshops all enrollments of young people are reviewed. This may include a direct call to the young persons guardian.

Dates

Term 2

3 June

10 June

Break week

24 June

1 July

8 July

REACH

headspace Castle Hill

headspace.castlehill@flouishaustralia.org.au

02 9393 9800

Get in touch with
the team to book