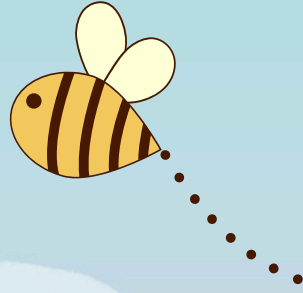


# SPRING



## SCHOOL HOLIDAY PROGRAM 27 SEP - 13 OCT 2025

**'Nurturing YoungMinds for a Bright Tomorrow'**  
Helpful programs for young minds and their well-being!

Programs for young people with a  
family member or a friend living with a mental  
health challenge

Programs for young people  
at risk of a mental health challenge themselves



# SPRING

## School Holiday Program

### CONTENTS - LOCATION

(Click on your preferred location)

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- [KIMBERLEY](#)
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- [MIDWEST](#)
- [GASCOYNE](#)

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Scan the QR Code to register your interest online or head to: [helpingminds.org.au/school-holidays](https://helpingminds.org.au/school-holidays)

Please note that this booking is an 'Expression of Interest' and NOT a confirmation of attendance.



**KIMBERLEY**



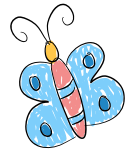
**Broome**

**ART FOR THE MIND**

**WED 1 - THU 2 OCT**

**9 AM - 1 PM**

**7 - 12 years**



Art for the Mind is a school holiday program provided to young people 7-12 years who are at risk of developing a mental health concern. This program aims to use the creative process of making art to improve a person's physical, mental, and emotional well-being.

**MIDWEST**



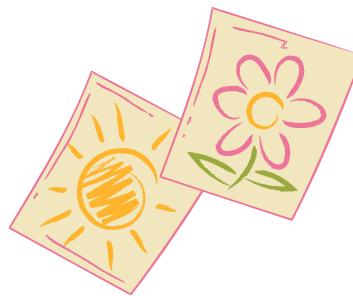
**Geraldton**

**ART FOR THE MIND**

**WED 1 - THU 2 OCT**

**9:30 AM - 2:30 PM**

**7 - 12 years**



Art for the Mind is a school holiday program provided to young people 7-12 years who are at risk of developing a mental health concern. This program aims to use the creative process of making art to improve a person's physical, mental, and emotional well-being.

**This program includes an excursion to Day Geraldton Wildlife Park.**

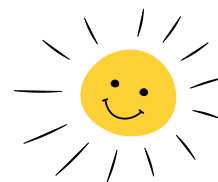


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**PEEL**



 **Mandurah**



## WELLBEING WONDERLAND

**WED 1 - THU 2 OCT**

**9:00 AM - 3:00 PM**

**7 - 12 years**

Wellbeing Wonderland is a school holiday program for young people aged 7-12 who are supporting a friend, family member, or relative with a mental health concern. Wellbeing Wonderland encourages the exploration of dreams, goals, and mindfulness, featuring inspiring and fun activities designed to motivate and support future success and life choices.



Scan the QR Code to register your interest online or head to: [helpingminds.org.au/school-holidays](https://helpingminds.org.au/school-holidays)

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**GASCOYNE**



**Carnarvon**



## WELLBEING WONDERLAND

**TUE 7 OCT**

**10:00 AM - 3:00 PM**

**7 - 12 years**

Wellbeing Wonderland is a school holiday program for young people aged 7-12 who has a family member or a friend living with a mental health challenge or is at risk of developing a mental health challenge themselves. Wellbeing Wonderland encourages the exploration of dreams, goals, and mindfulness, featuring inspiring and fun activities designed to motivate and support future success and life choices.

**Carnarvon**



## SKILLZ

**WED 8 OCT**

**10:00 AM - 3:00 PM**

**7 - 12 years**

SKILLZ is a school holiday program for young people aged 7-12 who has a family member or a friend living with a mental health challenge or is at risk of developing a mental health challenge themselves. Young people learn life skills to manage their emotions and improve their mental wellbeing through interactive art, craft and games.



Scan the QR Code to register your interest online or head to: [helpingminds.org.au/school-holidays](https://helpingminds.org.au/school-holidays)

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**GASCOYNE**



 **Carnarvon**

## **FRIENDSHIP FESTIVAL**

**THU 9 OCT**

**10:00 AM - 3:00 PM**

**7 - 12 years**

Friendship Festival is a school holiday program for young people aged 7-12 who who has a family member or a friend living with a mental health challenge or is at risk of developing a mental health challenge themselves. Young people learn ways to engage in positive relationships and learn the importance of developing healthy friendships, and what a healthy relationship looks like.



Scan the QR Code to register your interest online or head to: [helpingminds.org.au/school-holidays](https://helpingminds.org.au/school-holidays)

Please note that this booking is an 'Expression of Interest' and NOT a confirmation of attendance.





**NORTH METRO**



 **Heathridge**

**WELLBEING WONDERLAND**

**THU 2 - FRI 3 OCT**

**9:00 AM - 4:00 PM**



Wellbeing Wonderland is a school holiday program provided to young people 7-12 years who are supporting a friend, family member or relative with a mental health concern. This program aims to encourage the exploration of dreams, goals and mindfulness practice.

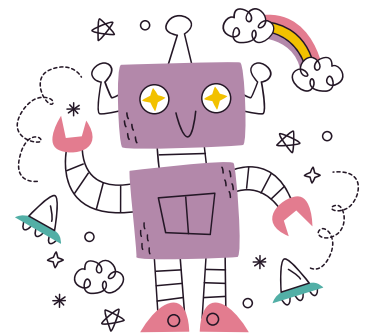
This program also includes an exciting excursion to Boola Bardip WA Museum.

 **Heathridge**

**MINDFULNESS MATTERS**

**THU 9 - FRI 10 OCT**

**9:00 AM - 4:00 PM**



Mindfulness Matters is a program designed for young people aged 7-12 supporting a loved one with mental health challenges. This program aims for young people to develop strategies and skills for managing wellbeing through mindfulness activities using art and crafts.

This program also includes an exciting excursion to Scitech.



Scan the QR Code to register your interest online or head to: [helpingminds.org.au/school-holidays](https://helpingminds.org.au/school-holidays)

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**EAST METRO**



## **Ellenbrook**

### **FRIENDSHIP FESTIVAL**

**THU 2 - FRI 3 OCT**

**9:00 AM - 4:00 PM**

**7 - 12 years**



Wellbeing Wonderland is a program designed for young people aged 7-12 who are at risk of developing a mental health challenge. The workshop aims to encourage participants to engage in positive relationships and learn the importance of developing healthy friendships, and what a healthy relationship looks like.

This program also includes an exciting excursion to Supa Putt Mini Golf.

## **Piara Waters**

### **INSPIRE HOPE**

**TUE 7 - WED 8 OCT**

**9:00 AM - 4:00 PM**



Inspire Hope is a School Holiday Program designed for young people aged 7-12 who are living with a loved one experiencing a mental health challenge. This program offers a safe environment for children to play and be social, focusing on building resilience and confidence, developing social skills, language and communication, healthy self-expression and caring for others.

This program also includes an exciting excursion to Hoyts Carousel.



Scan the QR Code to register your interest online or head to: [helpingminds.org.au/school-holidays](https://helpingminds.org.au/school-holidays)

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## CENTRAL METRO



### 📍 South Perth



## HEALTHY HORIZONS

WED 1 - THU 2 OCT

9:00 AM - 4:00 PM

7 - 12 years

Healthy Horizons is a school holiday program provided to young people 7-12 years who are supporting a friend, family member or relative with a mental health concern. The workshop focuses on teaching the healthy expression of emotions and implementing positive coping strategies to deal with these emotions.

This program also includes an exciting excursion to Scitech!

## SOUTH METRO



### 📍 South Lake



## ART FOR THE MIND

WED 8 - THU 9 OCT

9:00 AM - 4:00 PM

7 - 12 years

Art for the Mind is a school holiday program provided to young people 7-12 years who are supporting a friend, family member or relative with a mental health concern. This program aims to use the creative process of making art to improve a person's physical, mental, and emotional well-being.

This program includes an excursion to Boola Bardip.



Scan the QR Code to register your interest online or head to: [helpingminds.org.au/school-holidays](https://helpingminds.org.au/school-holidays)

Please note that this booking is an 'Expression of Interest' and NOT a confirmation of attendance.



# HOW TO BOOK

## Step 1



Scan the QR Code to book online or head to:

[helpingminds.org.au/school-holidays/](https://helpingminds.org.au/school-holidays/)

## Step 2

Choose your activity and register your 'Expression of Interest' for your child/ren.

**Please note that this booking is an 'Expression of Interest' and not a confirmation of attendance.**

## Step 3

A member of our team will contact you to complete the HelpingMinds registration and eligibility process. If we have not been able to make contact with you in 5 business days your Expression of Interest will be withdrawn.

## Step 4

Once a HelpingMinds staff member has confirmed the registration and eligibility of your child/ren an official ticket will be provided via Eventbrite.

Want to know more or have some questions or having trouble registering?

You can either:

- email [shp@helpingminds.org.au](mailto:shp@helpingminds.org.au)
- call 9427 7100 and ask for SHP Administration

# IMPORTANT INFORMATION

- If your child has not received support from HelpingMinds before (or within the last 6 months) a phone interview will need to take place with the parent/guardian.
- A consent form will need to be signed by both parents.
- If children require medication throughout the day, they will be required to self-administer this.
- External support workers are not allowed at the workshop.
- Children require adequate independent coping skills to be able to deal with group situations.
- Your child must either have a family member or a friend living with mental health challenge or is at risk of developing mental health challenge themselves.
- Most HelpingMinds programs are funded by the Mental Health Commission at no cost to participants for young people and children who have a family member, loved one, or friend with a mental health concern.
- Some programs offered in the City of Swan, Kimberley, Midwest, and Gascoyne Regions are funded by the Department of Social Services at no cost to participants. These programs are provided to young people and children residing in the above areas who are at risk of developing a mental health concern.
- We offer support for young people with a focus on managing emotions, building resilience, and addressing concerns like anxious thoughts, emotional regulation, relationship complications, sadness and more. We do not offer treatment and management for individuals with diagnosed mental health conditions.
- All our workshops have a maximum capacity to ensure our counsellors can provide adequate professional support for all children attending.
- To give everyone in the community a fair chance, each child can enroll in a maximum of two workshops.

helpingminds.org.au  
shp@helpingminds.org.au  
(08) 9427 7100

