

School Booking Request Form

headspace Hurstville provides youth health information workshops to schools in the St George Shire. Please make sure you read the workshop outlines on the website prior to completing the form.

| | | | |
|---|--|-----------------|--|
| Name of School | | | |
| Contact Person | | Position | |
| Address | | | |
| Phone | | | |
| Email | | | |
| Preferred method of contact | | | |
| Year group | | | |
| Please allow for <u>one month lead time</u> for all requests. Date requested; please provide 3 dates in order of preference. | 1. 2. 3. | | |
| Have your staff received a presentation from headspace Hurstville? | Y/N If not, we recommend that this is arranged so your staff are aware of our services too. | | |

Important Points to Consider

Preparation we require

At **headspace** Hurstville we want to ensure we are delivering quality education workshops, so we would like to schedule a meeting with you. We do this so we can better understand the school's mental health & wellbeing approach, build a relationship with staff and find out more about your students and their needs. We only require an hour of your time, could you please specify a suitable date and time below.

Date:

Time:

Type of workshop

Please note that **headspace** Hurstville provides education workshops that are of a general nature and have a health promotion and education focus. We deliver these workshops to promote positive mental health and well-being and encourage young people to do the same. Our Community Engagement Team are unable to provide sessions with a medical or therapeutic focus.

The **headspace** Hurstville team offer several education workshops that can be tailored to meet the needs of your school. **For an outline of each package including size of group, length of time and key messages please see the workshop outline form on our website.** The following education workshops can be delivered, please specify one topic you would like to be delivered:

- General Mental Health and Wellbeing **(30 people max)**
- A healthy self **(30 people max)**
- What is headspace **(100 people max)**
- Healthy relationships- must be done in conjunction with the bullying workshop **(30 people max)**
- Bullying- must be done in conjunction with the healthy relationships workshop **(30 people max)**

- Dealing with exam stress **(50 people max)**
- headspace** School Support for **staff only** (**headspace** School Support team deliver these workshops)
- Staff Professional Development (**headspace** don't provide this but we can link you in with School-Link SESLHD)

Please describe the education you require in more detail

Mode of delivery (please see outline of workshops)

- | | | |
|-------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Year group | <input type="checkbox"/> Class group | <input type="checkbox"/> Stall at a school event |
| Please specify number of students: | Please specify number of students: | |

Start time:

End time:

Are there any issues or incidents which headspace Hurstville should be aware of before presenting at the school?

Further comments or notes?

**Please return to the attention of Community Engagement Officer, 41 Dora St
Hurstville, 2220. T: 02 8048 3350 F: 02 8048 3399
E: headspace.hurstville@headspaceaftercare.org.au**

Please note: we are happy to receive your requests. Due to a high demand for this service and a requirement to cover the St George Region, we are unable to guarantee our availability on requested dates.