

It's Mon here coming in hot with your monthly dose of the latest on all things Rainbow Valley.

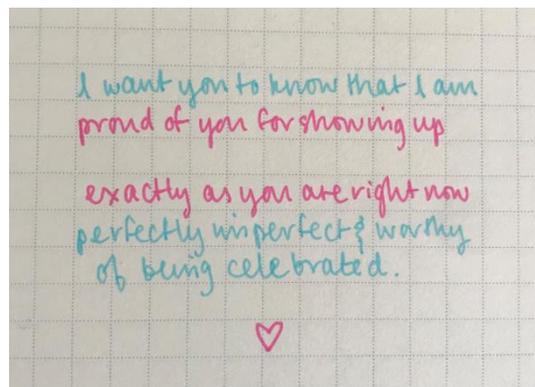
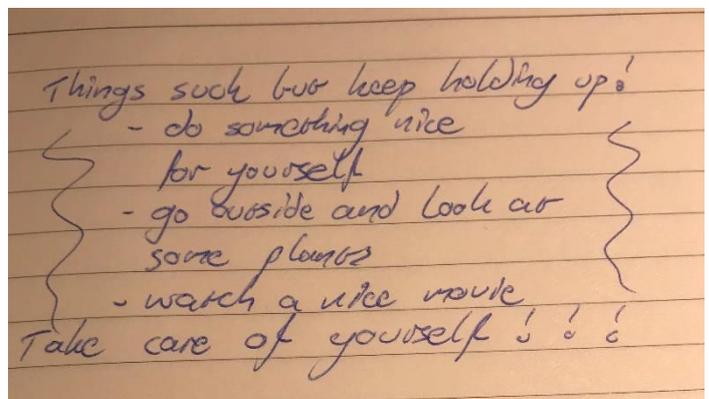
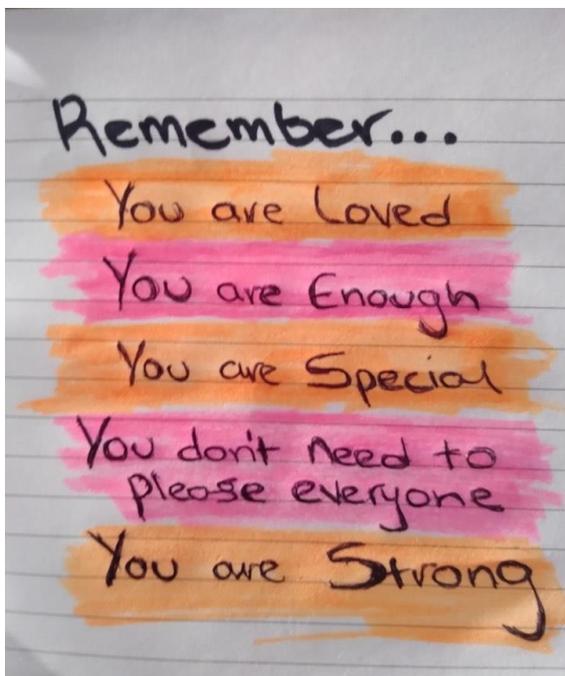
Well well well, how fast a month can fly once lockdown lifts! And if it isn't flying by, that's okay too because I find myself asking myself more often these days, what even is time anyway?

**Did you know?** Now that we're past the Winter Solstice (June 21, 2021 – which was the shortest day / longest night of the year in the Southern Hemisphere), our days are slowly creeping back to getting longer.

### Rainbow Valley online

Our first Rainbow Valley for the year took place online last Friday. We played [Drawasaurus](#) and [online scatter-gories](#) and marvelled/cackled at what our 4 collective brain cells were able to produce at the end of a long week on a Friday afternoon (I wish I had taken screenshots of some of these drawings!)

We also put together a few messages to share with everybody on the Rainbow Valley mailing list, a reminder that you are not alone <3



Next Rainbow Valley will be held online again – though I'm holding out for the possibility that it might be held in person (I'll keep you all posted on this!)

**When:** Last Friday of the month - 30<sup>th</sup> July 2021. 4:30pm – 6:00pm

**Where:** Zoom link to be distributed closer to the date.

If you're interested in coming along, please send me an email or a text to 0408 110 487. I'll get in touch again with another reminder a little closer to the date.



If you'd like to link in with Valley Youth's wellbeing support, please email [youth@mvcc.vic.gov.au](mailto:youth@mvcc.vic.gov.au) or fill in a request for support here: <https://valleyyouth.org.au/support/> and a staff member will be in touch. Please note that the Mental Health and Wellbeing team are not accepting new clients until 18 July when our support worker returns from annual leave, but you will be added to a waiting list.

For more immediate support:

**Lifeline 13 11 14**

**Kids Helpline 1800 55 1800**

**Eheadspace** <https://headspace.org.au/eheadspace/connect-with-a-clinician/>

## **Upcoming events**

Now that it's the school holidays, keep your eyes and ears out for these cool events that are happening in Moonee Valley and our surrounding areas:

### **Game Off at Avondale Heights Library**



[Image Description: Close up of hands belonging to someone wearing a green shirt. They are holding an XBOX controller.]

**What is it?** Come and show off your Smash Bros Ultimate skills in this video game tournament for young people aged 12+. Compete for your chance to win gaming vouchers

**Who:** Young people aged 12+

**Where:** Avondale Heights Library and Learning Centre. 69-79 Military Road, Avondale Heights.

**When:** Thursday, July 1. 1:00pm to 5:00pm

This activity is run in conjunction with Northwest Gamers and is free to attend! For more information and to get tickets, visit: <https://www.eventbrite.com.au/e/game-off-tickets-155904194643>

## Valley Youth – Zine making workshop

**ZINE MAKING WORKSHOP**

WITH GEMS ZINE

**MONDAY 5 JULY**  
3pm - 4:30pm  
Sam Merrifield Library,  
Moonee Ponds

Sign up at: <https://bit.ly/zinesworkshop>

For young people aged 12 - 25

@valleyouthmv  
9243 1225 | valleyyouth.org.au

Gems zine

VICTORIA State Government

freeza  
www.freeza.vic.gov.au

VALLEY YOUTH

City of Moonee Valley

[Image Description: A poster with a light purple background textured to look like crumpled paper. The words 'Zine making workshop with Gems Zine' in the style of different letters cut out from different magazines and books. In the background are floating objects related to zine-making: a pencil, a pair of scissors, a photocopier machine and folded paper. Information on the event time, date and place in small blue text. Logos from Gems zine, Victoria State Government, FReeZA, Valley Youth and City of Moonee Valley line the bottom.]

Zines are self-published works filled with words and images, usually in the form of a small booklet.

Learn how to make zines with [Gems Zine](#) a Naarm/Melbourne-based collective who produce zines and fill the pages with art and writing by women and non-binary people based in Australia and worldwide.

In this fun and relaxed workshop, they'll give you all the tips and tricks on how to create your very own zines! If you've already mastered the art of zine making, there'll be plenty of time to work on your own material and meet some new friends. Snacks will be provided.

**Who:** This workshop is for young people aged 12 – 25

**When:** Monday 5th July from 3pm - 4:30pm

**Where:** Sam Merrifield Library, Room 1. (62 Mt Alexander Rd, Moonee Ponds VIC 3039)

More information at: <https://valleyyouth.org.au/eventws/zine-making-workshop-with-gems-zine/>



## Incinerator Gallery studio workshops

The Incinerator Gallery holds workshops for people wanting to learn new creative skills or further develop existing ones. They offer high quality art instruction in an encouraging studio classroom environment. Students of all abilities are welcomed to the space.

The program for the upcoming months includes workshops on:

- Mindful making – ceramics
- Ink drawing
- Watercolours
- Glass fusing

Please note that these workshops are ticketed and range from \$20-\$50. Some workshops require you to bring your own materials – read event information in link below for more details.

For more information and to purchase tickets, visit: <https://incineratorgallery.com.au/events-and-learning/studio-workshops/>

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## headspace Glenroy

headspace Glenroy run a number of social groups online and in person for young people looking to connect with other young people. Please find their timetable below.

**groups timetable**

**Qspace**  
third Wednesday of the month from 4 - 6pm  
16th June, 21st July, 18th August

**artspace**  
Friday's fortnightly from 3.45 - 5pm  
21st May, 4th & 18th June, 2nd, 16th & 30th July

**chillspace**  
Tuesday's fortnightly from 4 - 5pm  
1st, 15th & 29th June, 13th & 27th July, 10th & 24th August

register by calling 0423 926 203 or email [tamika.massey@orygen.org.au](mailto:tamika.massey@orygen.org.au)

**groups**

check out some more info about our groups below

**artspace**  
artspace is a fun and friendly environment for those of all artistic abilities!  
join people who have a passion for all things creative. no experience necessary whatsoever! Activities include things such as art themed games, painting drawing etc! for ages 12 - 25.

**Qspace**  
QSpace is headspace Glenroy's peer-led group for sexuality and gender diverse young people aged 15 - 25 in our community. This group offers a safe and social space for young people to speak freely and get to know one another where we play games, encourage social connection & talk about LGBTQIA+ topics.

**chillspace**  
chillspace is a relaxed, laid-back environment that allows young people aged 16-25 to hang out and socialise. activities include games, challenges and general hanging-out!

register by calling 0423 926 203 or email [tamika.massey@orygen.org.au](mailto:tamika.massey@orygen.org.au)

[Image Description: 2 small business cards with white background, with the edges of abstract shapes in dark and light blue, green, red, yellow and orange creating a border. Information on each of the social groups is captured in small black text.]

Register by calling 0423 926 203 or email [tamika.massey@orygen.org.au](mailto:tamika.massey@orygen.org.au)

**Qspace** is headspace Glenroy's peer-led group for sexuality and gender diverse young people aged 15-25 in our community. This group offers a safe and social space for young people to speak freely and get to know one another where we play games, encourage social connection and talk about LGBTQIA+ topics.

**When:** third Wednesday of the month from 4-6pm

**Upcoming dates:** July 21, August 18.

**Artspace** is a fun and friendly environment for those of all artistic abilities. Join people who have a passion for all things creative. No experience necessary whatsoever! Activities include things such as art themed games, painting, drawing, etc. For ages 12-25.

**When:** Fridays fortnightly from 3.45-5pm

**Upcoming dates:** July 2, 16 and 30.

**Chillspace** is a relaxed, laid-back environment that allows young people aged 16-25 to hang out and socialize. Activities include games, challenges and general hanging out!

**When:** Tuesdays fortnightly from 4-5pm.

**Upcoming dates:** July 13 and 27, August 10 and 24.

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### STREAT Youth Programs



[Image Description: a very handsome and good black and white coated dog sits in front of a painted brick wall with the words 'Thanks for supporting STREAT']

**STREAT** is a hospitality-based social enterprise that provides supported vocational training and holistic personal support to marginalised and disadvantaged young people in Melbourne. Their programs are open to young people aged 16 to 24 in need of a supportive learning and work experience environment to get ready for work or study.

**Job Club** - A weekly drop-in session for young people wanting individual assistance with looking for work (E.g. resumes, cover letters, job search sites). No booking necessary – just drop in!

**When:** Every Friday 1pm - 3pm

**Where:** 144 Langridge Street, Collingwood

STREAT's longer term programs:

- **Ready to Work** - a 20-week fully supported group program for young people seeking work in hospitality. It includes work experience in our hospitality businesses, accredited training (Cert II in Hospitality), Work Readiness workshops, creative and social engagement and individual case support and referral. Plus guaranteed employment opportunities for graduates through our Paid to Work program!
- **Intro to Work** - an 8-week individual program for young people wanting to access hospitality or horticulture focused work experience with weekly individual support. This is a roll-in roll-out program that runs throughout the year. Accepting applications now!
- **Paid to Work** - a six-month program offering Ready to Work graduates an opportunity to transition into 20-25 hours a week of paid employment facilitated through one of our partner employers.

For more details or to RSVP, don't hesitate to contact our friendly Youth Programs Team on:

Phone: (03) 9629 4222

Email: [youthprograms@streat.com.au](mailto:youthprograms@streat.com.au)

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## What's on in the West?

Find out about other free or low-cost youth-friendly events happening around the Western suburbs by flicking through the attached PDF of '[What's on in the West?](#)'. This covers events happening in: Brimbank, Maribyrnong, Moonee Valley, Hobson's Bay, Melton and Wyndham.

Events include:

- A mini arts festival dedicated to celebrating nature, educating children about conservation and preserving the environment through art.
- Maribyrnong Youth Services pop-up Acoustic Sessions
- An exhibition of selected digital art pieces from the results of the Microsoft Paint & Paintbrush art competition.

