



Rainbow Valley Update

MAY 2021

Greetings, Rainbow Valley mailing list friends!

A big and warm WELCOME to anyone who's just signed up to receive these updates. And to all our favourite queer cuties and allies who have been sitting on the edges of their seats waiting to hear from us, that time of the month is here!



new (old) worker, who this?

"Who's behind the screen for this update?" I hear you ask. It's me, Mon! You may remember me from FReeZA, Girls Got This or Rainbow Valley back in 2019, before the days of COVID. For those of you I haven't yet met, I'm one of Valley Youth's casual Youth Workers.



Crash course on me: I've been working in the youth space since 2016 and I am a sucker for being out in nature, cooking for friends and family and thinking about how everything in the universe is interconnected.

At the moment I'm based up in Sydney, but I'm supporting the Valley Youth team remotely for the next 6 weeks to help support Kathleen and see what we can do to pump some life back into Rainbow Valley.

I'd love the opportunity to reconnect and see where people are at and what they'd like Rainbow Valley to look like moving forward, so I'll be shooting a few emails across and voicemails to try and get in touch!

Got some big ideas but don't know what to do with them?

We'd love to hear from you! Would you like to see more happening in the online space, or maybe you're keen for an in-person pizza party? Maybe you have an idea for an event you'd like to host with the support of Valley Youth. Please reach out to us with your feedback and ideas! You can find us on:



Insta - [@valleyyouthmv](#)
Facebook - [Valley Youth](#)
Email - youth@mvcc.vic.gov.au
Phone - (03) 9243 1225



Rainbow Valley Update



To stay connected and meet other young people who identify as LGBTQIA+ feel free to look into the following programs being run in our surrounding areas:

Life Hacked



Contact:

Brimbank Youth Services
(03) 9249 4000
Email -
youthsupport2@brimbank.vic.gov.au

The team behind queer youth group, Crystal Queer, have organised Life Hacked, a life skills taster program. For the next month, they will be running **weekly sessions on Tuesdays from 4.30-6.30pm** at Westvale Community Centre to learn some handy life skills from: wood work to yoga to zine making.

This program welcomes and values all young people and the diversity they bring through their sexualities, genders, ethnicities, culture and abilities.

See attached flyer for more details.

Please note: BYS Crystal Queer group currently on hiatus until Term 3, 2021.

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.

QSpace typically runs monthly on the **3rd Wednesday of each month from 4-6pm**, with games, social connection & talks about LGBTQIA+ topics.

For more info, visit:

<https://www.facebook.com/headspaceglenroy/>



Contact:

headspace Glenroy reception (03) 9304 1011
Tamika (Community Awareness Officer)
tamika.massey@orygen.org.au

Queer Space Youth



Contact:

The Drum Youth Services
General Line - (03) 9663 6733
Email: queerspaceyouth@ds.org.au

Queerspace Youth is a peer-led program for Queer, Trans, non-binary, Intersex, Gender Diverse or questioning people aged 18-25 years old.

Queerspace Youth run **monthly** support groups and regular events including mental health and sexual health workshops, movie nights, art and music workshops as well as skill and capacity building activities where you can hang out and make new friends and build community.

For more info, head to:

<https://thedrum.ds.org.au/program/queerspace-youth/>

YGLAM

Queer Youth Theatre, also known as YGLAM, is a space for young queer people (14-25 years) to come together and explore sexuality and gender identity through artistic means. These sessions are all about having fun, but YGLAM is also a safe place to practice and explore different skills without judgement. Sessions are currently held in person in Coburg **5-8:30pm on Thursdays**.

Activities include story-telling and poetry, character creation, game nights, self-care and wellness and so much more! No experience is necessary, just enthusiasm and commitment.

For more info, head to: <https://www.merrihealth.org.au/services/young-adults/queer-youth-theatre/#safespaces>



Contact:

Speak with YGLAM Project Officer
Phone: 1300 637 744
Email: Russ.Pirie@merrihealth.org.au

Need someone to talk to?



If you'd like to link in with our wellbeing support, please email youth@mvcc.vic.gov.au You can also fill in a request for support here: <https://valleyyouth.org.au/support/> and a staff member will be in touch.

If you need urgent support please contact the Kids Helpline on 1800 55 1800 or access help online at <https://headspace.org.au/eheadspace/connect-with-a-clinician/>