

HEADSTRONG PROGRAMS

Person focused programs for personal and professional development, as well as overall wellbeing.



Let's have a yarn and we can work together

We are a small, dedicated, highly skilled team delivering specialised programs designed to promote personal development and empowerment. We take a culturally sensitive approach, supporting you in overcoming difficult times and facing challenges. Together we will tackle the barriers that hold you back from finding pathways to employment and study.

Our Programs

HEADSTRONG YARNING

A safe space to have a yarn. Access support for personal development, growth and mental wellness, as well as assisting to overcoming work and study barriers.

HEADSTRONG WOMEN

Uniquely designed to empower women. Build confidence and resilience, supporting professional as well as personal development. Explore pathways for returning to work.

HEADSTRONG CLEAR DIRECTIONS

Explore personal identity and values. Take a journey of self-discovery and empowerment. Develop an actionable plan, charting a path for personal and professional fulfillment.

HEADSTRONG ANCHOR FREE

Confront things that are holding you back and keeping you stuck, like addictions or negative behaviours. Gain the skills needed to build resilience and achieve your goals.

**For more information
contact your mentor or case worker
or visit our website:**

