

PICYS Drop-In and Groups

Supporting young people experiencing or at risk of homelessness and mental health challenges for over 40 years!

Base Camp Drop-in

Who: Open to anyone 15-25yo
When: Mondays, Wednesdays & Fridays from 10am-1pm

What:
PICYS' open times, with Centrelink Community Team and Financial Counsellor available Wednesdays fortnightly

Roar

Who: Open to anyone 15-25yo
When: Fridays from 11am-1pm

What:
PICYS' music group, open to everyone regardless of music experience or ability

Be Active

Who: Open to anyone 15-25yo
When: Fridays from 1pm-2:30pm

What:
A group focused on movement and physical wellbeing to explore various ways to be active!

The SESH

Who: Open to anyone 15-25yo (max. of 8 people per week)
When: Fortnightly Wednesdays from 1 - 2 pm.

What:
An alcohol & other drugs education, support and harm minimisation group. Fortnightly topics vary - suggestions welcome

Be Well

Who: expression of interest to PICYS staff & sign up required.
When: Fortnightly on Wednesdays, from 1-2:30pm

What:
A education and discussion group for young people to work on their mental health in a supportive environment

Be Social

Who: HHN & Pillar supported young people; sign up required.
When: Third Saturday of every month, 12-3pm

What:
Fun activities in the community organised by PICYS for young people to connect and have fun

Base Camp aGender

Who: Trans, gender diverse, non-binary, and/or gender questioning young people 15-25yo
When: The first Saturday of every month from 12pm-3pm

What:
A monthly trans and gender diverse folks' social drop-in

+ Be Seen & Be Heard

A monthly action group of PICYS young people. Email thomas@picys.org.au to get involved.

www.picys.org.au