



Mindcare Gladstone

NEWSLETTER

1st Quarter 2026 , Issue 1



UPCOMING EVENTS @GLADSTONE MINDCARE

**Local Drug Action Team
(LDAT)**

Next Meeting 14 April 2026 at
930am - 1030am

**Conversations for Life with
Anglicare**
25 March 2026

**Gladstone Region
Awareness of Suicide
Prevention (GRASP)**

Next Meeting 18 March 2026
430pm - 530pm

FREE COMMUNITY ACTIVITIES

MEAT AND GREET

Free BBQ

930am to 1130am

27 February 2026

13 March 2026

27 March 2026

10 April 2026

24 April 2026

**FREE SOCIAL
CONNECTION GROUP**

Adult Lego, Board &
Puzzle Games

**Every Friday at 10am
to midday**

OUR PURPOSE

... is to promote improved mental health and wellbeing by empowering our community through education, information and connectivity.

WHAT'S TRENDING? Conversations for life®

Gladstone Mindcare offer Early Suicide Prevention Training to equip the community with knowledge and skills needed to effectively support individuals at risk and work towards preventing suicide.

To date, we have successfully delivered this training across diverse settings including Rio Tinto Yarwun, Anglicare, Central Queensland University /GRT and Calliope State High School. We have engaged industry, community services, local government and secondary school sectors to create meaningful partnerships across a diverse range of workplaces and community settings to drive positive and sustainable outcomes.

**Interested in bringing this program to your workplace or school?
Contact us today for a personalized quote**

Statistics from 1 October 2025 to 19 December 2025



NEW FACES @GLADSTONE MINDCARE

Welcome to our new Skilling Queenslanders for Work Trainees



Together with the Skilling Queenslanders for Work initiative, Gladstone Mindcare has a genuine commitment to making a positive difference in the lives of people in the Gladstone community.

"Mindcare Moments" a Social Enterprise Cafe operates to support mental health and wellbeing and serves as a hospitality employment training pathway for the community.

Whether you are looking for a place for your next coffee catch up or booking our training room with convenient access to our café, you will enjoy a coffee that not only tastes great but also makes a meaningful impact by supporting mental health and wellbeing in our community.

By choosing this local social enterprise, you're contributing to a cause that truly matters.

📍 147 Goondoon Street Gladstone, Qld 4680

☎ 07 4837 7170

✉ info@gladstonemindcare.org.au

🌐 www.gladstonemindcare.org.au



COMMUNITY LED INITIATIVES

LOCAL DRUG ACTION TEAM (LDAT)

LDAT is a local community led team exploring local Alcohol and Drug concerns and collaborates on projects that promote preventative approaches to enhance community wellbeing.

Gladstone Mindcare and the Gladstone Local Drug Action Team (LDAT) have successfully secured funding from the Alcohol and Drug Foundation (ADF) to deliver a community awareness campaign highlighting the risks and harms of underage alcohol use among teenagers.

The **“Keep Their Futures Bright”** campaign opens up important conversations about the impact of early alcohol exposure and reinforces why parents and carers should confidently refuse to supply alcohol to their underage teens. By increasing awareness and building practical skills, the campaign aims to empower families and adult influencers to make informed, protective decisions that support young people’s long-term health and wellbeing. The scheduled dates for our workshops will be shared soon.

GLADSTONE REGION AWARENESS OF SUICIDE PREVENTION (GRASP)

Gladstone Region Awareness of Suicide Prevention Network (GRASP) aims to promote suicide prevention initiatives throughout the communities within the Gladstone Region.

The first meeting of 2026 will focus on mapping our strategic priorities for the year ahead, ensuring the initiatives remain community-led and responsive to local need.

GRASP are currently collaborating with the community on the development of a Reflection Bench, to be located in the 1770/ Agnes Water area. This space is intended to provide a quiet place for reflection, remembrance, and meaningful conversations around mental health and wellbeing.

In addition, GRASP are supporting the local Emergency Department by providing care packs for individuals presenting with mental health concerns or experiencing a suicidal crisis, offering comfort and practical support at a critical time.



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Skilling Qld for Work Trainees Cohort 1 2026 commenced on 16 February 2026

Do you need an accredited, qualified and trained Barista/Cafe hospitality worker?

Your next future employee will be ready by 18 July 2026.

Contact Crystal on
Ph: 4837 7170

TOGETHER FOR WELLBEING... ITS TIME TO REACH OUT MENTAL HEALTH SPEAKERS



Bring the power of lived experience stories from people who live and work in our community to your workplace, organisation or event. We have a number of trained lived experience guest speakers who will engage and motivate your teams.

Lived experience stories add depth and authenticity to insights and connects on a more personal level to encourage participation and enrich the learning experience at your next event or in your workplace

PARTNERSHIP PACKAGES

Partner with us and together create meaningful change. An investment starting at as little as \$500 helps drive positive social change in our local community. You will be recognized for your support and become part of a movement that’s changing lives through education, information, and connection.



GO LOCATING PARTNER SPOTLIGHT



📍 Level 1, 147 Goondoon Street, Gladstone, Queensland 4680
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headspace Gladstone is a place where young people aged 12-25 can:

- Access free and confidential support for their mental health.
- Access non-judgemental information and support around drugs or alcohol.
- Support accessing a doctor
- Get practical support with work and study

This is all available through face-to-face or telehealth appointments.



LOADED CHOCOLATE BROWNIES

Every Wednesday!!

