



headspace Discovery College Course Guide

The Discovery College is about learning from each other, sharing experiences and ideas to explore who we are, what works for us, what we want and what we can do. Discovery learning values all different kinds of knowledge and experiences.

Course facilitators

The courses offered at headspace Discovery College have been developed by real people who have a range of different life experiences and want to share what has worked for them. Each course will have at least one facilitator who had had their own personal experience of mental health challenges and recovery and another facilitator who has professional experience or specialised subject knowledge. The aim is to bring together people who may represent different ideas and experiences into the one course. Some of our facilitators' backgrounds include youth advisory committee members, volunteers, mental health clinicians and learning and development consultants. Our facilitators work together to create courses to explore ideas about mental health and wellbeing together.

Students

The Discovery College welcomes enrolments from all kinds of people interested in exploring ideas around mental health and wellbeing. Future students may come from different backgrounds including young people, friends, families and mental health professionals all there to learn from the course facilitators and each other.

headspace Discovery College courses

There are currently three courses available at headspace Discovery College.

1. Self and identity
2. Communication, Assertiveness and Relationships
3. Mindfulness

How to enrol

You can enrol by emailing your completed enrolment form to Discovery.College@alfred.org.au or drop it to headspace Bentleigh reception.

headspace Bentleigh is part of the **headspace Victoria Youth Early Psychosis Program**

Our other services are located at:

headspace Dandenong 196 Lonsdale Street, Dandenong VIC 3175 **Tel** 1800 367 968 **Fax** 03 9793 4992

headspace Elsternwick 319-321 Glenhuntly Rd, Elsternwick VIC 3185 **Tel** 03 9076 7500 **Fax** 03 9076 7599

headspace Frankston 62 Playne Street, Frankston VIC 3199 **Tel** 03 9769 6419 **Fax** 03 9770 5688

headspace Narre Warren 66 Victor Crescent, Narre Warren VIC 3805 **Tel** 1800 367 968 **Fax** 03 8738 9888

ABN 27 318 956 319

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative



Self and Identity

This course is developed and delivered by people with valuable life and professional experience in this field, that enables and encourages you as an individual to learn about yourself and who you are as a person. Throughout the course you will explore who you are in your community, who you are to others, how your identity shapes your decision making and how you change over time. You will get the chance to participate in a variety of fun and interactive activities focusing on these topics. And of course, this wouldn't be complete without celebrating YOU!

Course length: 6 weeks

Campus: headspace Bentleigh

Term 2 start date: 17 May 2016

Communication, Assertiveness and Relationships

This course gives you the chance to talk about communication in a fun, group-learning environment. The course will give you the opportunity to explore the different ways we communicate, what's important to you and how to make how to make your communication work for you. You will also get the chance to think about the ingredients for positive relationships and how to recognise and manage when things aren't going so well. The aim is for you to leave the course with the confidence and skills for all kinds of life situations.

Course length: 6 weeks

Campus: headspace Frankston

Term 2 Start date: TBC

Mindfulness

This course brings young people together in a group-learning environment where they will experience a range of skills, techniques and ideas about how to live mindfully. Mindfulness is about bringing our attention to the present moment with openness, receptiveness and interest. There are many ways this can be done and in this course students will connect with all five of their senses through interesting, fun and engaging activities and practices.

Course length: 8 weeks

Campus: headspace Bentleigh

Term 2 Start date: May 2016

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