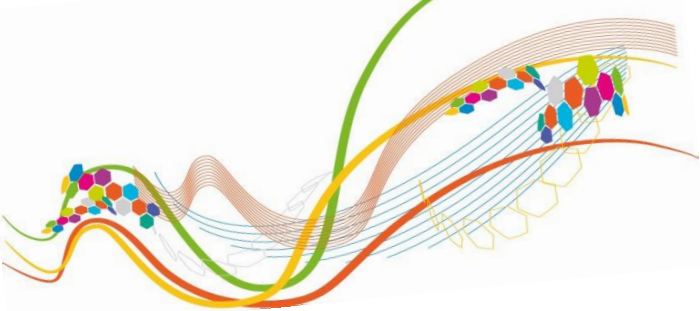


Term 3 (11/7-16/9/2016) Groups and courses at headspace Bentleigh/Elsternwick

Thank you for your interest in our groups! Who can come? Our groups and courses are designed for young people aged between 12 and 25 years using headspace or a similar service. Some of our groups are for families and friends.

How do I register? Contact headspace Bentleigh reception on (03) 9076 9400 and they will put you in touch with the right person.

What	Details	When	Centre	Group Leader
Art group	Our group is for anyone aged 16-25. We meet fortnightly to share ideas and skills, work on creative projects and chat about life.	Tuesday: 19th July, 2nd, 16th, 30th August, 13th September 2-4pm	Elsternwick	Sarah Kipnis
Crafternoons	Come join us for cups of tea and crafty fun! Bring your own project if you wish.	Tuesday: 12th, 26th July, 9th, 23rd August, 6th September 1.00-3pm	Bentleigh	Sarah Kipnis
Discovery College course - Communication	headspace Discovery College is about learning from each other: sharing experience and ideas to explore who we are, what works for us and what we can do. This term we are offering a course on Communication, Relationships and Assertiveness.	Wednesday: 3 rd Aug til 7 th Sept 3.30-5.00pm	Bentleigh	Elysa Watson or Sarah Rijs
Food Explorers – Back to Basics	Want to learn new kitchen skills, get ideas of what to cook, or just love sharing food with others? Come and join us on our next food adventure with Food Explorers!	Thursdays weekly 11.30am-1.30pm	Bentleigh	Sarah Rijs or Lara Nikitin
Hearing Voices group	This is a peer support group for young people who hear, see or sense things that other people don't.	Mondays 2-3pm (excluding public holidays)	Bentleigh	Mel Purkiss
A day of Mindfulness	This term we will be running A day of Mindfulness. This session is about learning new ways to manage difficult feelings and emotions.	Monday August 1 st 11am-3.30pm	Elsternwick	Sarah Kipnis




headspace
Bentleigh

Street Ground Floor, 973 Nepean Highway,
Bentleigh VIC 3204
Mail G.03, 973 Nepean Highway, Bentleigh VIC 3204
Tel 03 9076 9400 Fax 03 9076 9444
headspace.org.au

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What	Details	When	Centre	Group Leader
Move Your Body	Think ball games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Booking essential as limited space available.	Thursdays weekly 2.00-3.00pm	Bentleigh	Karen Salter
Parents' Advisory Group (PAG)	The PAG is a group of family and friends of young people who use/have used Alfred CYMHS or headspace Bentleigh who provide feedback directly to the services.	Monday 8 th August 11am-12.30pm	Bentleigh	Jacinta Kuklych
Prism Society	This peer led group is for 12-25 year olds who are questioning queer, transgender and everything between (or outside the box!)	Thursday fortnightly. Please contact Mel for more information	Bentleigh	Mel Purkiss
Veggie Gardening	Are you a keen gardener or want to learn? We need your help! You are also welcome to come help water the garden or pick veggies from there during the week	Wednesday weekly 11am-1pm	Bentleigh	Elysa Watson
Youth Advisory Committee (YAC)	The YAC is open to people aged 12-25 who have an interest in mental health and would like to be part of a great team of volunteers and learn heaps of new skills!	Monday: 18 th July, 1 st 15 th 29 th August 12 th September 5pm-7pm	Bentleigh	Matt Spencer