

SPRING HOLIDAY PROGRAM SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19 Cinema Crew <i>@ headspace Bentleigh</i> 3:00 – 5:00 pm	20	21 Botanical Gardens 1:00 PM – 3:00 PM	22
25 Peer space 3:30 - 4:30pm	26 Games Gang @ YOUTH FEST <i>@ Bentleigh Library & Youth Hub</i> 1:00 PM – 3:00 PM	27 African Drumming <i>@ Kingston Arts</i> 1:30 – 2:30	28 <u>Making Sense of your Senses</u> <i>Discovery College**</i> 3:00 – 5:00 PM	29
KEY ** Online Group	Peer Support Groups	Groups	Outings	discovery college

Call
9076 9400

Email
headspacegroups@alfred.org.au



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PEER SPACE

@headspace Bentleigh
with Ryannah (she/her) & Cam (he/him)

A group where those with lived experience can connect, unpack and inspire.

Participants support each other by sharing experiences, hope and strength to tackle life's challenges.

CINEMA CREW

@ headspace Bentleigh
With Issy (she/her)

Come along to a casual movie hangout. Scan here to choose what are we watching!



BOTANICAL GARDENS WALK

@ Royal Botanical Gardens
With Loren (she/her), Ry (she/her) & Mary (she/her)

Interested in nature? Join us for a leisurely & social walk at the beautiful and historic Royal Botanical Gardens.

A great opportunity to meet and connect with others in a casual setting.

Games Gang @ YOUTH FEST

@ Bentleigh Library & Youth Hub
With Issy (she/her) & Mike (he/him)

Join us for 2 hours of FREE games at Bentleigh Youth Hub – the ultimate throwback and modern gaming mashup as part of YOUTH FEST.

Activities on the day will include pinball and retro arcade games, immersive VR experiences

AFRICAN DRUMMING WORKSHOP

@ Kingston Arts
With Loren (she/her)

Join us for an instant rhythm experience for all abilities by participating in an African drumming Circle facilitated by Djembe Drumming Company.