

# Group program – Term 3, 2020

our programs • headspace Adelaide

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>creative minds</b></p> <p><b>1.00-3.00pm</b></p> <p>(online monthly, 3rd Aug &amp; 7th Sept)</p> <p><b>employment workshop</b></p> <p>(monthly, 24th Aug &amp; 21st Sept)</p>	<p><b>town tuesdays</b></p> <p><b>12.00-4.00pm</b></p> <p>(times vary)</p>	<p><b>developing balance</b></p> <p><b>2.00-4.00pm</b></p> <p>(invite only)</p> <p><b>study sesh</b></p> <p><b>3.30-4.30pm</b></p> <p>(online)</p>	<p><b>peerspace</b></p> <p><b>3.00-4.30pm</b></p>	<p><b>ACTivate</b></p> <p><b>1.00-3.00pm</b></p> <p>(online, invite only)</p>



creative expression



personal development / wellbeing



social / leisure



work / education



headspace  
Adelaide

# our group programs

Check out the list below to find out what's on at headspace Adelaide. Our group programs are available for young people who receive support from headspace primary and early psychosis programs.



-  creative expression
-  personal development & wellbeing
-  work / education
-  social / leisure

 **Creative Minds**  
1st Monday each month  
1.00-3.00pm

Do you enjoy being creative and spending time with like-minded people? Creative minds is a monthly online art space to express yourself creatively, whether you've got your own project or would like to be guided with an activity.

 **Employment Workshop**  
Monthly, various dates  
1.00-3.00pm

Looking to start work or study, or looking for a change in direction? Join us for our monthly workshop as we answer some of the common questions that young people ask when thinking about employment and education.

 **Town Tuesdays**  
Tuesdays, times vary  
Between 12.00-4:00pm

Town Tuesdays are a chance to explore what the city has to offer – we're talking markets, picnics, galleries and libraries to name a few. Meet new people and build your confidence as we explore the indoors, outdoors, and everything in between.

 **Developing Balance**  
Wednesdays  
2.00-4.00pm

Join our 10-week DBT skills program to learn practical ways of managing big emotions. This is a supportive space to learn and practice strategies aimed at helping you cope with those difficult feelings and building healthy relationships with others.

 **Study Sesh**  
Wednesdays  
3.30-4.30pm

Having trouble focusing on your studies and need a study buddy? Come along to our online Study Sesh for support with tackling that procrastination and getting on with your studies in a safe and supportive environment.

 **Peerspace**  
Thursdays  
3.00-4.30pm

Fun, games, and conversations... who doesn't like a good old board game? Join our Peer Support Workers and Youth Ambassadors for the chance to meet new people and have a good time while practicing conversations.

 **ACTivate**  
Fridays  
1.00-3.00pm

Do you sometimes find yourself being held back by stress or worries, or feeling unsure about what direction you want your life to move in? Join us in a virtual space where you can explore what is most important to you and develop skills to get the most out of life.

**For online sessions, we will send a zoom link to your mobile number when you register.**

Call us on 1800 063 267 or speak to your key worker for more information.