

headspace Programs

April 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
17 Easter Monday No group program	18 Veggie Gardening 11am-1pm Creative Space – Jewellery Making 1 – 3pm	19	20 Move your body! 'Crunch Club' 2-3:30pm Prism	21 Food Explorers 11.30am-1.30pm
24 Gym 1 – 3pm Music Group 3.30-5pm YAC 5-7pm	25 Anzac Day No group program	26	27 Move your body! 'Crunch Club' 2-3:30pm Echoes 3:30-5pm	28 Food Explorers 11.30am-1.30pm
KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups No program				

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May 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Gym 1 – 3pm Music Group 3.30-5pm Peer Space 5 – 6.30pm	2 Veggie Gardening 11am-1pm Creative Space – Journal Making 1 – 3pm	3	4 Move your body! 'Boxing Buddies' 2-3pm Prism	5 Food Explorers 11.30am-1.30pm Taking Charge Of Your Own Health 10-5pm
8 Gym 1 – 3pm Music Group 3.30-5pm YAC 5-7pm	9 Veggie Gardening 11am-1pm Self & Identity 2-5pm (Session 1 of 3)	10	11 Move your body! 'Boxing Buddies' 2-3pm Echoes 3:30-5pm	12
15 Gym 1 – 3pm Music Group 3.30-5pm Peer Space 5 – 6.30pm	16 Veggie Gardening 11am-1pm Creative Space – Sculpy/clay making 1 – 3pm Self & Identity 2-5pm (Session 2 of 3)	17 Communication, Assertiveness & Relationships 3-5pm (Session 1 of 6)	18 Move your body! 'Boxing Buddies' 2-3pm Prism	19 Food Explorers 11.30am-1.30pm
22 Gym 1 – 3pm Music Group 3.30-5pm YAC 5-7pm	23 Veggie Gardening 11am-1pm Self & Identity 2-5pm (Session 3 of 3)	24 Communication, Assertiveness & Relationships 3-5pm (Session 2 of 6)	25 Move your body! 'Boxing Buddies' 2-3pm Echoes 3:30-5pm	26 Food Explorers 11.30am-1.30pm
29 Gym 1 – 3pm Music Group 3.30-5pm Peer Space 5 – 6.30pm	30 Veggie Gardening 11am-1pm Creative Space – Badge making 1 – 3pm	31 Communication, Assertiveness & Relationships 3-5pm (Session 3 of 6)	KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups No program	

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For all new group registrations please contact 9076 9400 or headspacegroups@alfred.org.au and arrange a welcome appointment. For further information about the activities and key contact see below.

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.
Contact person: Katie Wilson

Food explorers: 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 new food adventure with food explorers.
Contact person: Sarah Rijs

Prism society: This peer led group is for 12 to 25 year olds who are questioning queer, transgender and everything inbetween (or outside the box!) Contact Person: Katie Wilson

Peer Space: is a support group facilitated by and for people with lived experience of mental health challenges. An opportunity to share experiences, feel understood, explore your hopes, fears, goals and much more. Contact person: Pru Howell-Jay

Music Group: Join us for an afternoon of making music! Welcome to bring your own instrument, otherwise come and learn something new! Contact person: Jake Ciminelli

Move your body: Think circuit training, cardio, boxing and ballsports! Different theme each month. Suitable for all fitness and skills levels. Bookings essential. Contact person: Nancy Pepper.

Youth advisory committee (YAC): Open to people aged 12 to 25 who have an interest in mental health and would like to be a part of a great team of volunteers and learn new skills. Contact person: Tania Martinow

Gym: Interested in improving your physical health but don't know where to start? Drop in on Monday between 1-3pm to see our friendly staff in the gym to get you started. Contact person: Jake Ciminelli

Discovery College Courses: Self and Identity, Communication, Assertiveness and Relationships & Taking Charge of Your Own Health. *Please refer to Discovery College enrolment and information form for additional information or contact Andrew Foster*

Echoes: This is a peer support group for young people who hear, see or sense things that other people don't. Contact Person: Katie Wilson

Creative Space: Come join us for crafty fun! Each fortnight will have a new theme. Bring your own project if you wish. Contact person: Sarah Kipnis

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Groups

- People usually find they get different things from coming, this might include connecting with others, exploring new interests and building life skills

Peer support groups

- At headspace, support groups are groups of young people who gather to share lived experience of mental health challenges

Advisory Committees

- These committees provide feedback directly to the services and promote services at headspace

Discovery College courses

- **headspace** 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.