

# headspace Programs



April/May 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
16  <b>Peer Space</b> 5 – 6.30pm	17	18  <b>Veggie Gardening</b> 11am-12pm  <b>Good Cycles</b> 11:00am-1pm	19  <b>Table Tennis</b> 1:30-2:30pm  <b>Prism</b>	20  <b>Food Explorers</b> 11.30am-1.30pm
23  <b>Pawsattive Dog Walking</b> 4:00pm-5:00pm  <b>YAC</b> 5-7pm	24  <b>Garden World Outing</b> 10am-12.30pm	25  <b>Anzac Day</b>	26  <b>Table Tennis</b> 1:30-2:30pm  <b>Move your body!</b> 2:30-3:30pm  <b>Echoes</b> 4:00 – 5:00pm	27  <b>Food Explorers</b> 11.30am-1.30pm
30  <b>Peer Space</b> 5 – 6.30pm  <b>*Music Group</b> 4:00pm-5:30pm	1  <b>Outdoor Group</b> 2.00pm-4.30pm	2  <b>Veggie Gardening</b> 11am-12pm  <b>Good Cycles</b> 11:00am-1pm	3  <b>Table Tennis</b> 1:30-2:30pm  <b>Move your body!</b> 2:30-3:30pm  <b>Prism</b>	4  <b>Food Explorers</b> 11.30am-1.30pm  <b>Taking Charge of your Health</b> <b>12:00 – 4:00pm</b>
7  <b>Pawsattive Dog Walking</b> 4:00pm-5:00pm  <b>*Music Group</b> 4:00pm-5:30pm  <b>YAC</b> 5-7pm	8  <b>*Equine Day</b>	9  <b>Good Cycles</b> 11:00am-12pm	10  <b>Table Tennis</b> 1:30-2:30pm  <b>Move your body!</b> 2:30-3:30pm  <b>Echoes</b> 4:00 – 5:00pm	11  <b>Food Explorers</b> 11.30am-1.30pm

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<p>14</p> <p><b>*Music Group</b> 4:00pm-5:30pm</p> <p><b>Peer Space</b> 5 – 6.30pm</p>	<p>15</p> <p><b>Outdoor Group</b> 2.00pm-4.30pm</p>	<p>16</p> <p><b>Veggie Gardening</b> 11am-12pm</p> <p><b>Good Cycles</b> 11:00am-1pm</p>	<p>17</p> <p><b>Table Tennis</b> 1:30-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p>18</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>
<p>21</p> <p><b>Pawsattive Dog Walking</b> 4:00pm-5:00pm</p> <p><b>*Music Group</b> 4:00pm-5:30pm</p> <p><b>YAC</b> 5-7pm</p>	<p>22</p>	<p>23</p> <p><b>Know your Work Rights</b> 2:00pm-300pm</p> <p><b>Managing the Ripple Effect</b> <b>5:30 – 8:30pm</b></p>	<p>24</p> <p><b>Table Tennis</b> 1:30-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Echoes</b> 4:00 – 5:00pm</p>	<p>25</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>
<p>28</p> <p><b>*Music Group</b> 4:00pm-5:30pm</p> <p><b>Peer Space</b> 5 – 6.30pm</p>	<p>29</p> <p><b>Outdoor Group</b> 2.00pm-4.30pm</p>	<p>30</p> <p><b>Veggie Gardening</b> 11am-12pm</p> <p><b>Know your Work Rights</b> 2:00pm-300pm</p>	<p>31</p> <p><b>Table Tennis</b> 1:30-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p><b>KEY</b>  <b>Groups</b>  <b>Discovery College Courses – enrolment required</b>  <b>Committees</b>  <b>Peer Support Groups</b>  * Indicates this is a closed group with limited places available</p>

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June 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY</b> Groups Discovery College Courses – enrolment required Committees Peer Support Groups * Indicates this is a closed group with limited places				1  Food Explorers 11.30am-1.30pm
4  Pawsattive Dog Walking 4:00pm-5:00pm  *Music Group 4:00pm-5:30pm  YAC 5-7pm	5  Breaking the Taboo 1:00 – 4:00pm	6  Breaking the Taboo 1:00 – 4:00pm  Know your Work Rights 2:00pm-3:00pm	7  Nutrition 11:00 – 2:00pm  Move your body! 2:30-3:30pm  Echoes 4:00 – 5:00pm	8  Food Explorers 11.30am-1.30pm
11  Queens Birthday PH	12  Outdoor Group 2.00pm-4.30pm	13  Veggie Gardening 11am-12pm	14  Table Tennis 1:30-2:30pm  Move your body! 2:30-3:30pm  Prism	15  Food Explorers 11.30am-1.30pm
18  In Your Write Mind 12:00 – 4:00pm  Pawsattive Dog Walking 4:00pm-5:00pm  *Music Group	19	20	21  Table Tennis 1:30-2:30pm  Move your body! 2:30-3:30pm  Echoes 4:00 – 5:00pm	22  Food Explorers 11.30am-1.30pm

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<p>4:00pm-5:30pm YAC 5-7pm</p>				
<p>25</p> <p><b>In Your Write Mind</b> 12:00 – 4:00pm</p> <p>*Music Group 4:00pm-5:30pm</p> <p>Peer Space 5 – 6.30pm</p>	<p>26</p> <p><b>Outdoor Group</b> 2.00pm-4.30pm</p>	<p>27</p> <p><b>Veggie Gardening</b> 11am-12pm</p>	<p>28</p> <p><b>Table Tennis</b> 1:30-2:30pm</p> <p><b>Move your body!</b> 2:30-3:30pm</p> <p><b>Prism</b></p>	<p>29</p> <p><b>Food Explorers</b> 11.30am-1.30pm</p>

For all new group registrations please contact 9076 9400 and arrange a welcome appointment. For further information about the activities and key contact see below.

# headspace Programs



**Move your body:** Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Bookings essential. Contact person: nancy pepper.

**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: Olivia Hunt.

**Youth Advisory Committee (YAC):** Open to people aged 18 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

**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 Jay-Howell

**Discovery College Courses:** A place where people come together to learn from each other, share experiences, and reach a new understanding of mental health, Please refer to Discovery College enrolment and information form for additional information or contact Andrew Foster

**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

**Pawsative Dog Walkers:** What better way to start the week! Join us on Monday afternoon for a walk and a play with the pooches of headspace! Ages 12-17 years old only. Contact person: Pru Howell- Jay

**Table Tennis:** Join us for Table Tennis on Thursday afternoons! Everyone is welcome and we will have a coach for those who are wanting to learn. Contact Person: Nancy Pepper

**ECHOES:** This is a peer support group for young people who hear, see or sense things that other people don't. Contact Person: Ash Thornton

**Prism society:** This peer led group is for 16 to 25 year olds who are questioning, queer, transgender and everything in between (or outside the box!) Contact Person: Ash Thornton

**Outdoor Group:** Are you interested in spending more time outside? Come along to our outdoor group for a walk in the sunshine. Think park, bush or the beach. We can choose on the day. Suitable for all fitness levels. If you want to go for a leisurely walk, a powerwalk, or jog we would love for you to come along. Contact Person: Sarah Rijs or Olivia Hunt.

**Garden World Outing:** Want to learn more about how to grow things? come check out Gardenworld! its only down the rd, we are going to explore the nursery! and even get to take home a seedling to plant yourself at home! Contact person: Olivia Hunt

**Equine Day:** Come and see the wonderful equine property down in Somerville. It is a grounding and rewarding experience to be in the presence of these gentle giants. The day involves exploring trust, communication skills and body language through horsemanship skills. RSVP Contact person: Olivia Hunt.

**Good Cycles Program:** This is a 4 week closed program offered to young people 16 yrs + Lunch will be provided for participants, as well as the opportunity to build their own bike. Successful participants will then move onto the 12 month employment program through Good Cycles which will work intensively with the young person to gain employment. Contact person: Catherine Gayed

**Know Your Rights:** This three-week course will guide you on your work rights for young people who have come across issues at work such as unfair dismissal, bullying and harassment and disclosure in the workplace. Contact Person: Catherine Gayed

# headspace Programs



## 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

Please note most of our programs are suitable for young people aged 16-25. Young people under the age of 18 will require parent/guardian consent to attend the program. If you are under the age of 18 and wanting to engage with the group program please make contact with Olivia Hunt or Sarah Rijs to discuss further.