

October Program

◀ September 2016		October 2016					November 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 5-7pm – Peer Support Group	4 1pm-3pm Crafternoon	5 11am-1pm Veggie gardening (Bunnings DIY)	6 2-3pm Move your Body Prism	7 11.30-1.30pm – Food Explorers	8	
9	10 5pm-7pm YAC	11 Discovery College Self & Identity Course: Session 1 of 3 1-4pm	12 Discovery College Mindfulness Course: Session 1 of 8 1:30-3:30pm	13 2-3pm Move your Body 3:30-4:30pm Hearing Voices	14 11.30-1.30pm – Food Explorers	15	
16	17 5-7pm – Peer Support Group	18 1pm-3pm Crafternoon Self & Identity Course Session 2 of 3 1-4pm	19 Discovery College Mindfulness Course: session 2 of 8 2-3:30pm	20 2-3pm Move your Body Prism	21 11.30-1.30pm – Food Explorers	22	
23	24 5pm-7pm YAC	25 Discovery College Self & Identity Course: Session 3 of 3 1-4pm	26 10:30am – 1:30pm Gardening/Woodwork outing to Bunnings Discovery College Mindfulness Course: Week 3 of 8 2-3:30pm	27 2-3pm Move your Body 3:30-4:30pm Hearing Voices	28 11.30-1.30pm – Food Explorers	29	
30				Key Peer support groups Groups Committees Discovery College courses			

headspace Programs

Crafternoons: come join us for cups of tea and crafty fun! Bring your own project if you wish.

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.

Move your body: Think balls games, circuit training, boxing and sports! Suitable for all fitness and skills levels. Booking essential.

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.

Hearing voices group: This is a peer support group for young people who hear, see or sense things that other people don't.

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!)

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

Parents advisory group (PAG): a group of family and friends of young people who use or have used Alfred CYMHS or headspace who provide feedback directly to the services.

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