



Course guide
2017

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About this guide

The Discovery College is a place where people come together to learn from each other, share experiences, and reach a new understanding of mental health.

Our courses are created by people with varied experiences in mental health, who share their knowledge of what works. Every course is developed and delivered equally by both people with lived experience of mental health issues and health experts, and participants also have their say about what they want to learn. People from all sorts of backgrounds take part, like young people, clinicians and learning specialists.

It's a new way of learning about mental health – it's relaxed, everyone is equal and there are no rights or wrongs. By getting involved, you can discover how to take action to be who you are, what you want from life, and what actually works to help you and others stay mentally healthy.

Courses are delivered through headspace, and there are currently ten you can choose from:

- Communication, assertiveness and relationships
- High school, relationships and social media
- In someone else's shoes: exploring different ways of understanding
- Making sense of your senses
- Mindfulness
- Self and identity
- Taking charge of your own health
- Taking the edge off: Let's talk about drugs and alcohol
- Understanding self-harm
- What is it about medication?

Note: Not all courses are offered every term – see the current timetable for more info!

Courses



Communication, assertiveness and relationships

Course length: 3 x 3 hours

Campus: headspace Bentleigh

This course gives you the chance to talk about communication in a fun, group-learning environment. The course will give you the opportunity to explore the different ways we communicate, what's important to you and how to make how to make your communication work for you. You

will also get the chance to think about the ingredients for positive relationships and how to recognise and manage when things aren't going so well. The aim is for you to leave the course with the confidence and skills for all kinds of life situations.



High school, relationships and social media

Course length: 2 x 2 hours

Campus: headspace Bentleigh

This course is aimed at young people between the ages of 11 and 16. The course finds some really engaging and interactive ways of supporting young people to explore some of the challenges we face, both in school and outside of school. During the workshops, we complete a number of

exciting activities to help us to explore who we are and how we interact and connect with other people, the impacts and effects of bullying (physical and online) and the risks and benefits of using social media, such as Facebook and Snap chat. Join us to explore these topics in a way that we can share ideas and learn from one another."



In someone else's shoes: exploring different ways of understanding

Course length: 2 x 3 hours and 1 x 6 hours

Campus: headspace Bentleigh and headspace Frankston

In mental health we are beginning to understand the value of exploring and being open to different ways of interpreting people's experiences. It can be hard to navigate and make sense of the many different views we might encounter, or we

might be challenged by views different to our own.

Throughout the course you will explore many different ways of understanding yours and others experiences in mental health and begin to develop an awareness of where different views come from. The course offers space to listen to others ideas, to express your own and consider helpful ways to express opinions about mental health. In participating, you have the opportunity to draw on different frameworks to develop your own understanding and increase skills in coping with life's challenges.



Making sense of your senses

Course length: 4 x 3 hours

Campus: headspace Bentleigh and headspace Frankston

This course brings people together to explore the relationship between our senses and mental health, giving you the opportunity to experiment with new options for self-care and build an awareness of how environments and external influences can impact us.

You will get some hands on experience with sensory modulation techniques, developing your awareness of how your environment and each of the six senses can impact your mood and well-being. You will explore about your personal sensory preferences and examine how these can be very different from person to person, encouraging you to also become aware of the sensory profiles of other people in your life. You will also gain some insight into the science behind sensory modulation and some practical tips for building your sensory toolbox to promote self-care.



Mindfulness

Course length: 8 x 2 hours and 4 x 2 hours

Campus: headspace Bentleigh, headspace Frankston, Chisholm Institute - Berwick

This course brings young people together in a group-learning environment where they will experience a range of skills, techniques and ideas about how to live mindfully. Mindfulness is about bringing our attention to the present moment with openness, receptiveness and interest. There are many ways this can be done and in this course students will connect with all five of their senses through interesting, fun and engaging activities and practices.



Self and Identity

Course length: 5 x 2 hours, 3 x 3 hours, or 1 day (7 hours)

Campus: headspace Bentleigh

This course is developed and delivered by people with valuable life and professional experience in this field, that enables and encourages you as an individual to learn about yourself and who you are as a person. Throughout the course you will explore who you are in your community, who you are to others, how your identity shapes your decision making and how you change over time. You will get the chance to participate in a variety of fun and interactive activities focusing on these topics. And of course, this wouldn't be complete without celebrating YOU!



Taking charge of your own health

Course length: 1 day (7 hours)

Campus: headspace Bentleigh

In this short course we will explore the roles and responsibilities we each have for our own health and well-being and that of those that we support and care for. By considering some of the support tools and the language we use, we will inspire one another to go on a journey of transformation, developing a sense of empowerment and control in our own lives or for others. Participants will all have an opportunity to develop their own well-being plan, unique to the things that keep them feeling well.



Taking the edge off: Let's talk about drugs and alcohol

Course length: 2 x 3 hours

Campus: headspace Bentleigh

addiction, dependency, managing recovery and support.

This course brings people together to engage in an open conversation about drugs, alcohol and mental health. Together we will create a space, without stigma or judgement to unpack different perspectives surrounding substance use and allow people to come to their own understanding around



Understanding self-harm

Course duration: 1 day (7 hours)

Campus: headspace Bentleigh

This course allows space for participants to openly discuss and unpack their own experiences around self-harm in a non-judgemental and safe environment. Together, through compassionate and open conversations, we will develop a deeper understanding of each individual's unique experience of self-harm, extending well beyond the common fears and misconceptions that can often prevent such discussions from happening.



What is it about medication?

Course length: 1 x 3 hours

Campus: headspace Bentleigh

This course brings together people who are interested in having some open discussion about the role of medication in mental health. It provides an opportunity to look differently at how we take care of our own mental health and that of those we support in an engaging and interactive way.

How to enrol

Complete an enrolment form available from:

- the **headspace Bentleigh** website
<https://headspace.org.au/headspace-centres/bentleigh/>
under “**More information**” then “**Discovery College**”
- OR**
- going here
<https://headspace.org.au/assets/Uploads/Centres/Bentleigh/DIS1413-enrolment-form-MASTER.pdf>

THEN EMAIL

your completed enrolment form available to

Discovery.College@alfred.org.au

(or drop it to your headspace centre reception!)