

headspace Programs



March 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
KEY Groups Discovery College Courses – enrolment required Committees Peer Support Groups * Indicates this is a closed group with limited places			1 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm	2 Food Explorers 11.30am-1.30pm
5 Music Group * 4-5.30pm Peer Space 5 – 6.30pm	6 Outdoor Group 2.30pm-4.00pm	7 Veggie Gardening 11am-1pm Mindfulness 1 – 3pm	8 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	9 Food Explorers 11.30am-1.30pm
12 Labour Day Public Holiday	13 Taking the edge off 10am – 1pm Outdoor Group 2.30pm-4pm	14 Mindfulness 1 – 3pm	15 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Echoes 3.30 – 4.30pm	16 Food Explorers 11.30am-1.30pm In Someone Else's Shoes 10-4pm
19 Music Group * 4-5.30pm Peer Space 5 – 6.30pm	20 Taking the edge off 10am – 1pm Outdoor Group 2.30pm-4pm	21 Veggie Gardening 11am-1pm Mindfulness 1 – 3pm	22 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm Prism	23 Food Explorers 11.30am-1.30pm
26 YAC 5-7pm Pawsative Dog Walking 3.30-4.30pm Music Group * 4-5.30pm	27 Outdoor Group 2.30pm-4pm	28 Mindfulness 1 – 3pm	29 Table Tennis 1:30-2:30pm Move your body! 2:30-3:30pm	30 Good Friday Public Holiday

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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.

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

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

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

Music Group: Ever wondered what it would be like to write, record and produce original music? Look no further! Limited spots are available for a small group of young people to experience what it's like to operate professional recording equipment and instruments – you'll even have your very own song to take home at the end of the program! Contact person: Katie Wilson or Jake Ciminnelli

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 additoinal information or contact Andrew Foster

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

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

Prism society: 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

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

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.

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

Good Cycles Program: This is a 5 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

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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

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.