# Online Group Program

## September 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>31 NEW TIMETABLE BEGINS</td>
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<tr>
<td>Peer Space Bentleigh 3.30-4.30pm</td>
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<tr>
<td>** KEY</td>
<td>Peer Support Groups</td>
<td>Groups</td>
<td>Committees</td>
<td>discovery college</td>
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** RSVP required

| Peer Space Bentleigh 3.30-4.30pm | EarthSpace 2.30pm-3.30pm | Wellness Wednesday 12:00pm – 12:30pm | Prism 4.30-5.30pm | Food Explorers** 11.30pm-1.00pm |

7 Peer Space Bentleigh 3.30-4.30pm

Youth Advisory Committee 5:00 – 7:00 pm

8 Wellness Wednesday 12:00pm – 12:30pm

9 Wellness Wednesday 12:00pm – 12:30pm

10 Creative Minds 2.30-3.30pm

Prism 4.30-5.30pm

11 Food Explorers** 11.30pm-1.00pm

14 Peer Space Bentleigh 3.30-4.30pm

Volunteer Social Event 5:00- 6:00pm

15 EarthSpace 2.30pm-3.30pm

16 Wellness Wednesday 12:00pm – 12:30pm

17 Creative Minds 2.30-3.30pm

Prism 4.30-5.30pm

18

21 Peer Space Bentleigh 3.30-4.30pm

Youth Advisory Committee 5:00 – 7:00 pm

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Prism 4.30-5.30pm

25 Food Explorers** 11.30pm-1.00pm

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<td>2 PUBLIC HOLIDAY</td>
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<td>30 LAST DAY OF TIMETABLE</td>
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Online Group Program

**Prism**
A weekly LGBTIQA+ Peer Support space. We play games together, have big talks about everything and anything and support each other to be ourselves. It’s okay to ask questions. Your feelings & experiences are valid!

Contact Ash Thornton to RSVP

**EarthSpace**
A little green space to come together and explore connection and & how to care for each other and nature. Exploring all things climate change, land-care, regeneration and activism.

Contact Joseph Borellini to RSVP

**Wellness Wednesdays**
Take a break, learn some new moves and get active with our EPs. Suitable for all fitness and skill levels. You are welcome to join with cameras on or off!

Contact Britt Herbert to RSVP

**Peer Space**
A lived experience group where participants work in collaboration to express themselves and achieve their goals. Common themes are social anxiety, motivation, relationships and everything in between.

Contact Mark Campbell to RSVP

**Creative Minds**
Open online creative space- visual artists, musicians, writers are all welcome! Join us to create, discuss ideas, learn and get those ideas flowing!

All welcome, no experience required

Contact Emily Wilson to RSVP

**Food Explorers**
Our well-loved group is back- just online! Join us to get back into cooking, we will organise recipes and ingredients in advance.

Contact Britt Herbert to RSVP

**Volunteer Social**
An online social space run by volunteers for volunteers!

Contact Ash Thornton if you are interested in volunteering with us!

**Second Life Pilot Project**
We’ve collaborated with Orygen Youth Health Research team to have a go at running a peer group within a virtual world- Pretty cool right?

Let us know if you’re keen to get involved!

Contact Emily or Britt to learn more

**Youth Advisory Committee (YAC)**
The YAC are a passionate team of mental health advocates & headspace ambassadors. Together, we start conversations about mental health in the community, lead projects & advise headspace on youth mental health.

Contact Ash Thornton if you are interested in volunteering with us!

**discovery college**
dc create & run courses about mental health & wellbeing. It’s for young people, mental health professionals, families, or anyone who wants to learn.

Contact Claire  www.discovery.college  0407 861 205  @discoverycollegeconnect
Want to get involved?

YES

Yep! I'm between 16-25 years & have permission from my guardian if I'm under 18. I'm connected to headspace or another professional support. (Please contact us if this isn't you to chat about your options.)

The next step is to decide what you're interested in. Pick as many as you want.

peer support groups
Young people meet to share lived experience of mental health challenges, learn from each other and as well as provide a level of understanding that may not be found by others.

groups
Usually facilitated by clinicians. We get told by our young people that they often attend these groups to build life skills, connect with others, explore new interests or add structure to their day.

committees
Run by young people for young people. We provide feedback directly to the headspace team, advocate for young people's needs and work on projects with the centre.

Anyone can come to discovery college

Co-produced courses about mental health & wellbeing. It's for young people, mental health professionals, families, or anyone who wants to learn!

Check out
www.discovery.college
@discoverycollegeconnect

YES

Found something you'd like to give a try?

Sounds good! Contact the recovery team at headspacegroups@alfred.org.au or 0429 183 643 to set up a welcome appointment with us.

NO

Idea on how to improve our program? We're open to feedback. Contact us & let us know.