

# February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 NEW TIMETABLE BEGINS THIS WEEK</p> <p><u>Mind + Body: Exercise</u> 10:30am – 12:00pm</p> <p>Youth Advisory Committee** 5:00 – 7:00 pm</p>	2	3	<p>4</p> <p>Creative Minds 2.30-3.30pm</p> <p>Prism 4.30-5.30pm</p>	5
8	9	10	11	12
<p>Peer Space Bentleigh 3.30-4.30pm</p>	<p>KYB- Know Your Body 2.30-3.30pm</p>		<p>Creative Minds 2.30-3.30pm</p> <p>Peer Space Frankston** 3.30-4.30pm</p>	
15	16	17	18	19
<p>Youth Advisory Committee** 5:00 – 7:00 pm</p>	<p>KYB- Know Your Body 2.30-3.30pm</p>		<p><u>Understanding Self-Harm</u> 12:30 – 2:00pm</p> <p>Creative Minds 2.30-3.30pm</p> <p>Prism 4.30-5.30pm</p>	<p>Coffee &amp; Walk** 10:45am-12pm</p>
22	23	24	25	26
<p>Peer Space Bentleigh 3.30-4.30pm</p> <p>Volunteer Space** 5:30 – 6:30pm</p>	<p>KYB- Know Your Body 2.30-3.30pm</p>		<p><u>What is a diagnosis?</u> 10:00am – 12:00pm</p> <p>Creative Minds 2.30-3.30pm</p> <p>Peer Space Frankston** 3.30-4.30pm</p>	<p>Animal Connections** 12pm-3pm</p>
<p><b>KEY</b> ** Indicates In Person</p>	Peer Support Groups	Groups	Committees	discovery college

# March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1  Youth Advisory Committee** 5:00 – 7:00 pm	2  KYB- Know Your Body 2.30-3.30pm	3  <u>In Your Write Mind</u> <u>1:00 – 3:00pm</u>	4  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	5  Coffee & Walk** 10:45am-12pm
8  PUBLIC HOLIDAY	9  KYB- Know Your Body 2.30-3.30pm	10	11  Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	12  Animal Connections** 12pm-3pm
15  Youth Advisory Committee** 5:00 – 7:00 pm	16  KYB- Know Your Body 2.30-3.30pm	17	18  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	19  Coffee & Walk** 10:45am-12pm
<b>KEY</b> ** Indicates In Person	Peer Support Groups	Groups	Committees	discovery college

## March/April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
22  Peer Space Bentleigh 3.30-4.30pm	23  KYB- Know Your Body 2.30-3.30pm	24	25  <u>In Someone Else's Shoes</u> <u>1:00 – 4:00pm</u>  Creative Minds 2.30-3.30pm  Peer Space Frankston** 3.30-4.30pm	26  Animal Connections** 12pm-3pm
29  Youth Advisory Committee** 5:00 – 7:00 pm	30  KYB- Know Your Body 2.30-3.30pm	31	1  Creative Minds 2.30-3.30pm  Prism 4.30-5.30pm	2 PUBLIC HOLIDAY  LAST DAY OF TIMETABLE
<b>KEY</b> ** Indicates In Person	Peer Support Groups	Groups	Committees	discovery college

Call or text us  
0429 183 643



@headspacebentleigh

Email us  
headspacegroups@alfred.org.au

## Prism

*with Max & Ash*

Your local LGBTIQ+ 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!

## KYB- Know Your Body

*with Emily, Britt & Co.*

Join us online to get to know your body better!  
We will hear from sexual health educators, exercise physiologists, nurses, occupational therapists, and peers with lived experience.  
Let's rip off the bandaid and take charge of our bodies and our health!

## Coffee & Walk

*with Emily & Britt*

Take a break, stretch your legs and get social with us every second Friday. Slow & steady with a side of caffeine!

## Peer Space

*with Mark Campbell @ Bentleigh  
with Lucy Mahony @ Frankston*

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.

## Creative Minds

*with Emily Wilson*

Open online creative space- visual artists, musicians, photographers, writers, dreamers, ideas enthusiasts, all are welcome! Join us to create, discuss ideas, learn and get those creative juices flowing!  
All welcome, no experience required

## Animal Connections

*with Emily Wilson*

If 2020 meant less time with furry friends then this is the group for you! Across 3 sessions you will have the chance to reconnect with creatures great and small. Please RSVP as this one will fill up fast!

## discovery college

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

**Contact Claire 0407 861 205**  
[www.discovery.college](http://www.discovery.college)  
[@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

## 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!**

## Volunteer Space

A catch up and debrief space run by volunteers for volunteers!

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

YES

Want to get involved?

NO

That's okay.  
Let us know if you  
change your mind!

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](http://www.discovery.college)



@discoverycollegeconnect

Found something you'd like to give a try?

YES

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

NO

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