

# headspace Programs

February Program

February 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Veggie Gardening 11am-1pm  Vocational cafe 1-3pm	2 Move your body! 2-3pm	3 Food Explorers 11.30am-1.30pm  Walk and Talk 2-3pm
6 Peer Space 5 – 6.30pm	7 Crafternoon 1 – 3pm	8 Veggie Gardening 11am-1pm  Vocational cafe 1-3pm	9 Move your body! 2-3pm  Prism	10 Food Explorers 11.30am-1.30pm  Walk and Talk 2-3pm
13 YAC 5-7pm	14 How to Adult Introduction session 3-5pm	15 Veggie Gardening 11am-1pm  Vocational cafe 1-3pm	16 Move your body! 2-3pm  Hearing Voices 3.30 – 4.30pm	17 Food Explorers 11.30am-1.30pm  Walk and Talk 2-3pm
20 Peer Space 5 – 6.30pm	21 Crafternoon 1- 3pm  Discovery College Course: Taking Charge of your own health 10am-5pm	22 Veggie Gardening 11am-1pm  Vocational cafe 1-3pm	23 Move your body! 2-3pm  Prism	24 Food Explorers 11.30am-1.30pm  Walk and Talk 2-3pm
27 YAC 5-7.0pm	28 How to Adult 3-5pm	<b>KEY</b> Groups Discovery College Courses – enrolment required Committees Peer Support Groups		

# headspace Programs

March 2017

March 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY</b> Groups <b>Discovery College Courses – enrolment required</b> Committees Peer Support Groups		1 <b>Veggie Gardening</b> 11am-1pm <b>Vocational cafe</b> 1-3pm	2 <b>Move your body!</b> 2-3pm <b>Hearing Voices</b> 3.30 – 4.30pm	3 <b>Food Explorers</b> 11.30am-1.30pm <b>Walk and Talk</b> 2-3pm
6 <b>Peer Space</b> 5 – 6.30pm	7 <b>Crafternoon</b> 1 – 3pm  <b>How to Adult</b> 3-5pm	8 <b>Veggie Gardening</b> 11am-1pm <b>Vocational cafe</b> 1-3pm	9 <b>Move your body!</b> 2-3pm  <b>Prism</b>	10 <b>Food Explorers</b> 11.30am-1.30pm  <b>Walk and Talk</b> 2-3pm
13  <b>YAC</b> 5-7pm	14 <b>How to Adult</b> 3-5pm	15 <b>Veggie Gardening</b> 11am-1pm <b>Vocational cafe</b> 1-3pm	16 <b>Move your body!</b> 2-3pm <b>Hearing Voices</b> 3.30 – 4.30pm	17 <b>Food Explorers</b> 11.30am-1.30pm  <b>Walk and Talk</b> 2-3pm
20 <b>Peer Space</b> 5 – 6.30pm	21 <b>Crafternoon</b> 1 – 3pm  <b>How to Adult</b> 3-5pm	22 <b>Gardening</b> 11am-1pm <b>Discovery College Course:</b> <b>What is it about medication Course:</b> <b>2:00 – 5.00pm</b>	23 <b>Move your body!</b> 2-3pm  <b>Prism</b>	24 <b>Food Explorers</b> 11.30am-1.30pm  <b>Walk and Talk</b> 2-3pm
27  <b>YAC</b> 5-7pm	28 <b>How to Adult</b> 3-5pm	29 <b>Veggie Gardening</b> 11am-1pm <b>Discovery College Course:</b> <b>Understanding Self Harm</b> <b>10am- 5.00pm</b>	30 <b>Move your body!</b> 2-3pm <b>Hearing Voices</b> 3.30 – 4.30pm	31 <b>Food Explorers</b> 11.30am-1.30pm <b>Walk and Talk</b> 2-3pm

# headspace Programs

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.

**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: Elysa Watson.

**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!) Contact Person: Katie Wilson

**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

**Vocational Cafe:** 'The Vocational Café is a drop in space to access support and ask questions regarding employment, study or volunteer options, resume writing, and interview advice.' Contact Person: Wayne Bentham

**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 Howell-Jay

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

**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 . Contact person:Tania Martinow

**How to Adult:** cover topics such as how to budget for those expensive treats, identifying your strengths to help you apply for future jobs, as well as discovering all you need to know about moving out. Contact Person: Elysa Watson

**Walk'N'Talk:** Let's walk'n'talk over the lunch period and get ready for a great week. Contact person Sarah Rijs

**Hearing voices group:** This is a peer support group for young people who hear, see or sense things that other people done. Contact Person: Katie Wilson

**Discovery College Courses:** What is it about Medication? Understanding Self Harm, Taking Charge of your own health, *Please refer to Discovery College enrolment and information form for additoinal information or contact Andrew Foster*

**Crafternoons:** Come join us for cups of tea and crafty fun! Bring your own project if you wishContact person: Sarah Kipnis

## headspace Programs

### 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

### Discovery College courses

- **headspace** Discovery College is about learning from each other, sharing experiences and ideas to explore who we are, what works for us, what we want and what we can do. Discovery learning values all different kinds of knowledge and experiences.